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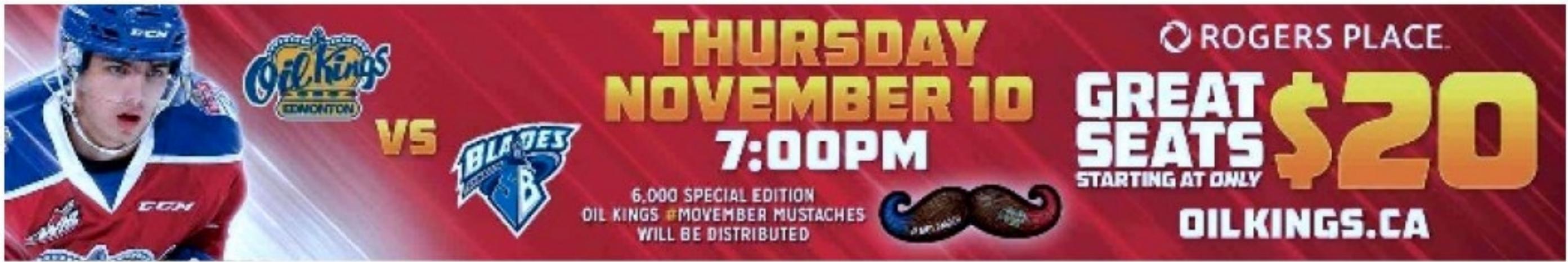
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ALL PHOTOS BY KEVIN TUONG/FOR METRO

12 years for kidnapping

COURT

Victim was awaiting trial for crash that killed toddler

An Edmonton man who cut off his victim's thumb after abducting him has been sentenced to 12 years in prison.

Steven Vollrath was found guilty in June of kidnapping, aggravating assault, possession of a weapon and impersonating a police officer.

His victim, Richard Suter, was taken from his home in January 2015 by three masked men who tortured him and left him in the snow.

Suter was awaiting trial at the time for crashing his SUV into a restaurant patio and killing a two-year-old toddler.

Geo Mounsef, who was having dinner with his parents and baby brother, was pinned against a wall and died.

During Vollrath's sentencing

hearing, the Crown pointed to his lengthy criminal record, while the defence argued his was a case of mistaken identity.

The prosecution also suggested the attack could have been a vigilante act, but Vollrath's lawyer said there was no evidence to suggest that.

Suter, a retired businessman, was found guilty of failing to provide a breath sample when there is a death and sentenced to four months in jail. The Alberta Court of Appeal increased the sentence to 26 months.

He has applied to the Supreme Court of Canada to have the original sentence restored.

During Suter's trial, court heard that he had been arguing with his wife while he was parking and mistakenly hit the gas instead of the brake. He testified that he had three drinks over four hours before the crash, but wasn't drunk.

The sentencing judge agreed that Suter wasn't impaired and was given bad legal advice to refuse a breathalyzer test.

THE CANADIAN PRESS

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PC insider backs Jansen harassment allegations

LEADERSHIP RACE

Staffer knew of acts against Jansen before she withdrew


Kevin Maimann
 Metro | Edmonton

A Jason Kenney supporter says Calgary-North West MLA Sandra Jansen's allegation she was harassed by a group within the PC party she was campaigning to lead are completely true and need to stop.

Warren Mitchell, who served as former Premier Alison Redford's social media manager, says a faction of Alberta conservatives are harassing and mistreating women in the party—and he's sick of it.

It has been the exact same pattern of harassment.

Warren Mitchell

"I'm not a Sandra Jansen supporter at all," Mitchell said Wednesday. "That being said, she has absolutely become a lightning rod, almost a proxy for Alison Redford and for every single event that spun out of Alison Redford's time in office.

"It has been the exact same

pattern of harassment born out over again."

Jansen and former PC MLA Donna Kennedy-Glans were the only two women in the party's leadership race. Both announced Tuesday they were withdrawing.

Jansen cited harassment for her decision—including insults being scrawled on her nomination forms, "filth" directed at her on social media and volunteers from another campaign chasing her down halls "attacking" her for her pro-choice views.

She added in a statement Kenney had brought "Trump-style politics" to Alberta.

Kennedy-Glans said she did not experience the type of harassment described by Jansen.

Kenney issued a statement Wednesday condemning "disrespectful comments" and suggesting no member of his campaign staff has engaged in personal attacks against other candidates.

"Such conduct is even more egregious when directed at women," he said, in the statement. "We need more women involved in politics, and a civil public discourse is important to achieve that goal.

"If anyone supporting my campaign has made personally disparaging remarks about other



Progressive Conservative candidates Jason Kenney and Sandra Jansen at a party leadership forum in Red Deer on Saturday. THE CANADIAN PRESS/DEAN BENNETT

candidates, I would ask them to apologize, and to participate in a positive and respectful manner."

Mitchell said sources in the party made him aware of actions against Jansen before she withdrew.

He posted strong words to Facebook Tuesday, after the Kenney campaign released a statement about Jansen's withdrawal that, in Mitchell's view, avoided direct acknowledgement of the harassment allegations.

Mitchell said Kenney has not done enough to stand against those supporters.

"Unfortunately for [Kenney], people with these ideas of how to treat women in politics like crap, to dehumanize them, to belittle them, to threaten them, they are a part of our supporters," he said.

"It's partisan politics — perception is reality. If you don't stand up to your own supporters when they are misbehaving,

that behaviour becomes the lens through which you are viewed."

Alberta Premier Rachel Notley said the PC party needs to seriously investigate what happened.

"If a party or a campaign cannot conduct itself in a way to ensure the most basic of rules around inclusivity — for instance anti-harassment — then quite frankly that party or that campaign is not equipped to govern the province," she said Wednesday.

CITY HALL

Flood plan is a go


Jeremy Simes
 Metro | Edmonton

A new multi-million-dollar project will aim to protect more than 1,000 properties from flooding in the community of Mill Woods once it's complete.

On Wednesday, the city, Alberta and the federal government announced a joint commitment to invest more than \$100 million to fund a storm water management project protecting homes in the area.

Designs for three ponds that are part of the project are underway, but the city plans to begin the construction on one site next fall, with completion by the end of 2018, according to city spokeswoman Cheryl Oxford.

In recent years, more than 500 residents reported flooding in Mill Creek.

Federal Minister of Infrastructure and Communities Amarjeet Sohi said the projects will protect people and infrastructure when severe weather occurs.

The federal government will contribute up to \$30.3 million, the province will contribute \$11 million while the city will fund the rest.

Mayor Don Iveson said there are other high priority projects like the flood ponds the city is hoping to team with others on.



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Details: takeETS.com/news

ETS

Vets reflect on war, peace

NATIONAL SERVICE

Stories of conflict shared and meaning of day

Adrian Bons was driving a patrol vehicle when he rolled over a landmine in the Sinai desert, killing him and Paul Wallace.

After the explosion, Bons' comrade, Mac Torrie, was tasked to recover parts of the vehicle.

Torrie said parts of the vehicle were found as far as 200 metres from the blast site.

"There was a bit of sorrow, but we had to carry on," he recalled. "They were soldiers doing their job."

Canadians will commemorate the men and women who've died in the line of duty this Remembrance Day.

For Torrie, it's a time to remember the fallen who've given Canada freedom.

"If it wasn't for the servicemen on both sides of the 49th parallel, God knows what we'd have today," he said.



George Custance (left) and Bill Harrison (right) are glad they live in peaceful times after serving in the Canadian military. KEVIN TUONG/FOR METRO

Remembrance Day is also a time to acknowledge Canadian democracy and peace, according to Bill Harrison, who served in the Korean War.

He's never forgotten the

struggles faced by the small

Asian country.

"You see these things, kids

being killed, poverty, and you say to yourself, 'How lucky I am to be a Canadian,'" he said. "We live in the best country in the world and we don't appreciate it."

War has also affected the mental well being of soldiers, as many grapple with post-

traumatic stress disorder, formerly known as shell shock.

"You were once considered a coward if you have (PTSD)," Harrison said. "It affects a lot of people. When you see kids left to die on the road it certainly affects you."

The veterans Metro spoke

“Hopefully we don’t have to go through that again, war.”

George Custance

with also had fathers and grandfathers who fought in the First World War and World War Two.

"I've been around the military all my life," said Ken MacDonald, who used to supply troops with weapons, spare parts and gas.

His grandfather inhaled mustard gas in France during the First World War.

"He came back a broken person," he said. "He went to the bottle. Unfortunately, he was found dead in his early 40s on the side of the road."

All veterans agreed that the world should remain peaceful.

"Hopefully we don't have to go through that again, war," said George Custance, who worked in a Canadian prisoner camp during World War Two.

"There are just some things you don't want to see again."

U.S. ELECTION Notley congrats Trump

Alberta Premier Rachel Notley says Alberta will continue to work with the United States and will wait to see if new economic opportunities arise from Donald Trump's election victory.

She also says Hillary Clinton's presidential run was inspiring, but her failed bid reflects that much remains to be done for women in public life.

"There was much hope that we would have seen a female president of the United States for the first time. I think a lot of people were surprised that we didn't," Notley told reporters Wednesday.

"(But) these kinds of issues never go forward on a straight trajectory. It's one of those things: two steps forward, one step back."

Notley said work must continue to promote and celebrate the role of women not only in politics, but in other fields as well.

The Alberta premier also said the province will continue to push for a pipeline to coastal ports for its oil. THE CANADIAN PRESS

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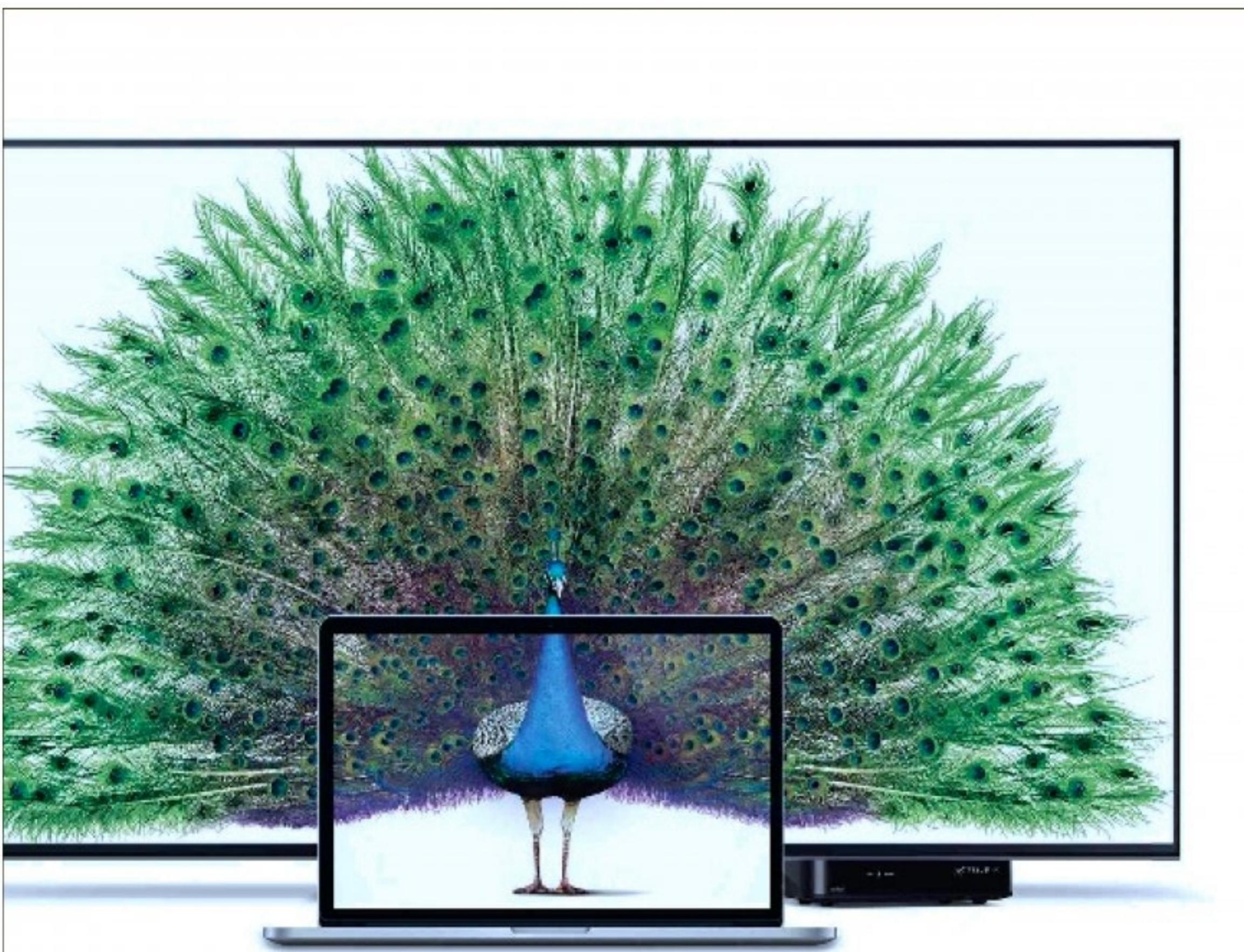
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6172 50th St. NW
9518 Ellerslie Rd. SW
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8701 94th St.

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5906 50th St.

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971 Ordze Rd.
975 Broadmoor Blvd.
2020 Sherwood Dr.

Spruce Grove

96 Campsite Rd.
141 Century Crossing

St. Albert

St. Albert Centre
20 Muir Dr.

Stony Plain

82 Boulder Blvd.

COURT

Accused in rape retrial says sex consensual

A man facing trial for the second time in a high-profile sexual assault case said Wednesday his accuser never directly told him it was OK for the two of them to have sex in a bathroom at a house party.

Alexander Scott Wagar, 29, was being cross-examined by Crown prosecutor Janice Walsh, who questioned him about whether he asked the alleged victim at any time if she wanted to have sex with him, or if he felt he needed to do so.

"You made those decisions?" Walsh asked.

"I made those decisions. She never said do this or do that. She never said no. She never said 'Stop, I don't want to do this,'" answered Wagar.

"But she never said yes?"

"No," he said.

"She never said yes directly."

He re-enacted in intricate detail how he and the complainant, who was 19 at the time, first had sex on the bathroom counter of a Calgary home in December 2011

and then moved to the shower.

Wagar perched on the edge of the witness box and then crouched down, as he gave a running narrative of what he said happened. He also explained how he lathered the woman up in the shower.

Judge Jerry LeGrandeur cautioned Wagar a couple of times saying he didn't need to go into quite so much detail.

During the original trial, Robin Camp, who was then a provincial court judge, asked the com-

plainant why she couldn't just keep her knees together and told her "pain and sex sometimes go together."

Camp acquitted Wagar in 2014, but the verdict was overturned on appeal and a new trial was ordered. It is being heard by judge alone.

Wagar has insisted during the retrial that the sex was consensual. He testified the two had been smoking pot in the bathroom before it happened.

THE CANADIAN PRESS



The Edmonton Humane Society took in pets from Fort McMurray when the wildfires struck in May. METRO FILE

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Rebuilding lost SPCA

ANIMALS

Humane Society raises funds after wildfire losses

Kevin Maimann
Metro | Edmonton

The CEO of the Edmonton Humane Society went north with a hefty cheque for the Fort McMurray SPCA Wednesday.

Miranda Jordan-Smith presented \$150,000 that was raised in May after wildfires devastated the city and displaced more than 1,000 animals.

The Edmonton Humane Society became a hub for food and supply donations in the spring while the Fort McMurray SPCA was out of commission.

"We want to ensure that the money goes to help the animals, and that's what the donors that gave during that period wanted as well," said Jordan-Smith.

When the human residents of Fort McMurray evacuated, the Alberta SPCA went around to rescue as many pets as possible. They brought the animals to Edmonton, where they were distributed to different rescue groups for safekeeping.

The humane society took in about 250 animals, including

many exotics, and cared for them while shipping materials and food back to Fort McMurray after the fire.

Two of the SPCA's major fundraisers were cancelled this summer due to wildfires and subsequent evacuation orders, resulting in lost funding.

The cheque presented Wednesday, which was all raised online in a two-week period, will help offset those losses and cover a new program to help regional pet owners who could no longer care for their animals due to financial hardship or a lack of accommodations.

"The amount that was raised just within a two-week period, it was just overwhelming," said Jordan-Smith.

"The compassion and kindness that was shown by the contributions just became very evident."

BY THE NUMBERS

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Animals that the Edmonton Humane Society took in after fire.

\$150K

Money that was raised for SPCA.

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METRO ASKS

What does Trump's victory mean for us?

AMEYA CHARNALIA/FOR METRO, JEREMY SIMES/METRO, KEVIN MAIMANN/METRO

It's far more likely now that the Keystone (XL pipeline) will be reopened and looked at. That's positive. But ... the future of NAFTA, the U.S. as a champion of global trade — all of which Canada relies on — I don't think there's much to look forward to there.



Todd Hirsch, chief economist, ATB. SUPPLIED

We're not immune from these kinds of messages in Canada. It needs to be a wake-up call and a commitment to people to start to mobilize and support truly progressive candidates who reflect Canadian values.



Kris Wells, faculty director, Institute for Sexual Minority Studies and Services, U of A. SUPPLIED

People are really hoping that with leadership that has pro-life leanings that the people that don't see the humanity of the unborn will take a second look. I think there's an opportunity to again rekindle the discussion on pro-life issues.



Karen Richert, office director of anti-abortion group. KEVIN TUONG/FOR METRO

I'm mindful of the consequences for the climate change deal, which is very important to future generations and this generation. I'm mindful for our trade relationship to the United States and implications for energy policy.



Mayor Don Iveson. METRO FILE

It's important to remember how many cracks Hillary Clinton put in the glass ceiling. Our group is focused on encouraging women to run in the next municipal election. The hard thing will be they will see what Hillary went through.



Lana Cuthbertson, chair of Alberta north chapter, Equal Voice. METRO FILE

This one hits home to me because I come from a Muslim family. We have seen unprecedented targeting of Muslims in a way that is all too reminiscent of anti-Semitism in the years before the Second World War.



Omar Mouallem, writer and editor. KEVIN TUONG/FOR METRO

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What a Trump win means for Canada

Canada's close relationship with America has been rattled by the election of Donald Trump.

Canadians are worried about how Trump's campaign promises — if fulfilled — could reverberate north of the border. Here are the key issues to watch and what Trump has said about each.

TORSTAR NEWS SERVICE

1 TRADE

Trump made radically overhauling U.S. trade arrangements a key issue in his campaign, and this issue could have the greatest effect on Canada after he takes power. The president-elect campaigned on a pledge to force Canada and Mexico to renegotiate the North American Free Trade Agreement, to provide greater benefits to U.S. businesses.

If the countries don't agree on a new deal, Trump has promised to leave NAFTA completely. Combined with a pledge to withdraw from Trans-Pacific Partnership talks and take a more aggressive line on trade with China, Trump pitched isolationism and independence as a way to increase jobs, fix crumbling infrastructure, even reduce crime.

Approximately \$51 billion in goods cross the Canada-U.S. border per month, according to TD Economics.

2 CLIMATE CHANGE

Hard-won progress in the fight against climate change will be dramatically rolled back if president-elect Donald Trump sticks to his word.

Trump vowed to back the United States out of the 2015 Paris agreement, a landmark international climate treaty aimed at curbing emissions and limiting global temperature increases.

The United States and China, the world's two largest emitters of greenhouse gasses, were crucial to reaching the deal.



GETTY IMAGES

Political 'refugees' possible: Expert

A Donald Trump presidency could prompt a flow of politically motivated American emigrants akin to the Vietnam war era, though passionate first impulses to leave may cool as the new leader's agenda unfolds, say political observers and immigration experts.

Donald Savoie — a Canadian political economist who was at his second home in Florida as the vote occurred — says some U.S. citizens may consider applying to move to Canada if Trump follows through on proposed policies such as mass deporta-

People are afraid and it's hard to treat it light-heartedly.

Rob Calabrese

tions of illegal immigrants or the reopening of international trade agreements.

"There's no question some Americans will say we can't live under these circumstances and we may see what we saw in the ... late 60s during the Vietnam war," he said. "I wouldn't take that to the bank right away ... But if he does what he says he wants to do there's no question

there will be a bit of chaos and some Americans will say, 'we want out of here.'"

In Nova Scotia, a radio announcer who created the "Cape Breton if Donald Trump Wins" website says he had about 150 emails late last night as the U.S. election results came in, including some from Americans who say they feel fearful about continuing to live in the United States.

"People are afraid and it's hard to treat it light-heartedly when people are feeling so afraid," Rob Calabrese said.

Calabrese says he will rename his site and expects he'll continue referring inquiries to official websites where would-be Cape Bretoners can pursue work opportunities and apply for immigration status.

Several emails he read out loud were from Americans saying they no longer felt comfortable in states dominated by Republican politicians.

THE CANADIAN PRESS

Interest in 'moving to Canada' spikes

Irene Kuan
Metro | Toronto

Americans threatened to move to Canada as soon as they heard Donald Trump was in the running to become their next president. This may be why the Canadian Immigration website crashed on Tuesday night, when he beat Hillary Clinton and was voted President-elect.

The search term "moving to

Canada" spiked at the stroke of midnight on Nov. 9, and again at 4 a.m. EST, according to Google Trends, but data shows both Americans and Canadians were looking up the topic.

The trends chart also showed people in Minnesota, Washington and New Hampshire searching the term.

Although mostly Americans were searching the term, it was also trending among Canucks, specifically in British Columbia cities.

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Criticism and cost concerns

OTTAWA

Impact of U.S. election outcome under discussion

Adam Kveton
For Metro | Ottawa

A visit by newly elected president Donald Trump to Canada's capital could be a strain on city police, the chief Charles Bordeleau said Monday, while Mayor Jim Watson called the reality star's election a "blemish".

Bordeleau, said the election of the reality TV star may lead to increased policing costs in the near future.

In speaking to the unforeseen costs of policing some Ottawa events in 2017, Bordeleau said US presidents traditionally make their first foreign visit to Canada.

Whereas a visit from President Barack Obama could be expected to be friendly, he said a Trump visit may

not have the same friendly reception.

He added that he doesn't know if such a visit from Trump will happen, but said it's a reality police will have to deal with.

Watson said he was disappointed to see Secretary Hilary Clinton lose.

"I had a sense of disappointment this morning because I thought it was a once-in-our-lifetime opportunity to see a qualified woman become the leader of the most powerful country in the world," said Watson.

"I'm very much opposite of almost every position that Mr. Trump has brought forward. I think his style of politics puts a blemish on all of the people in public life, quite frankly: making things up, not telling the truth, throwing accusations at every possible minority group you can think of."

Watson said there is unfortunately nothing that can be done now.

"It's disheartening but the people have made their choice and they will have to live with it, and so will we."



Protesters march downtown during President George W. Bush's visit to Ottawa in 2004. Ottawa's police chief raised concerns Monday that a Donald Trump visit could be a big draw on city police. SIMON HAYTER/TORONTO STAR

Americans calling Ottawa lawyers

Peter Kovessy
Ottawa Business Journal

Mere hours after Donald Trump was named the surprise winner of yesterday's divisive presidential election, several Ottawa immigration lawyers say they're already fielding calls from U.S. residents asking how they can move to Canada.

"They sounded a little bit desperate," said Ottawa immigration lawyer Julie Taub, who had received separate calls from two New York State residents by 9:30 a.m. on Wednesday. "If this morning is any indication, there will be a lot of interest in immigrating to Canada."

Similarly, Raymond Clément — president of Ottawa-area immigration consulting firm Clément-Laurier & Associates — said the company's strategic partner in Wichita, Kan., fielded a half-dozen calls in the early morning hours from Americans who wanted to move out of the country.

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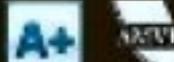
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Parents grapple with explaining Trump win

The incendiary U.S. election is proving to be a challenging teachable moment for some Canadian parents struggling to explain the surprising results to their curious children.

But at least they can comfort their youngsters with the fact they live in a country that has embraced much different values than the divisive ones that marked the U.S. campaign, says Oakville, Ont., dad Jason Little.

The morning after America elected Donald Trump as its next president, Little says his nine-year-old daughter stunned him by asking whether the Republican leader would start a world war.

"I only cared about baseball at that age. It's just really a hard conversation to start," says Little.

His daughter had been following Hillary Clinton's bid to become the country's first female president, and while she wasn't discouraged by her loss, she was feeling "disappointed, sad, angry, all at the same time."

In her concession speech, Clinton seemed to acknowledge the potential impact of her defeat on young girls who

TALK ABOUT IT

York University education professor Carl James says

it's tempting for any child to view his win as a sign that bad behaviour is rewarded. But that also makes this a great time to talk to children about the hard fact that discrimination exists and can be pervasive.

might be demoralized by the vote.

Trump's bewildering victory caught many by surprise — pollsters, political pundits and even many prominent Republicans who dismissed the possibility that the former reality TV star and real estate mogul could harness broad support, especially as scandal mounted.

It was an especially polarizing campaign given Trump's off-coarse posturing that included a litany of offensive comments about women, Muslims, Mexicans and immigrants; comments that would get any school kid sent to the principal's office. THE CANADIAN PRESS

Clinton urges unity among divided nation

Gone was the ballroom with a soaring glass ceiling, the confetti and the celebrity guest stars. Instead, Hillary Clinton looked out to a group of grief-stricken aides and tearful supporters, as she acknowledged her stunning loss of the presidency to Donald Trump.

"This is painful," Clinton said, her voice crackling with emotion, "and it will be for a long time." But she told her faithful to accept Trump and the election results,

urging them to give him "an open mind and a chance to lead."

Before Clinton took the stage at a New York City hotel, top aides filed in, eyes red and shoulders slumped, as they tried to process the celebrity businessman's shocking win after a campaign that appeared poised until Election Day to make Clinton the first woman elected U.S. president.

Clinton, who twice sought the presidency, told women: "I know we have still not shattered that highest and hardest glass ceiling. But someday, someone will and hopefully sooner than we might think right now." Her remarks brought to mind her 2008 conces-

sion speech after the Democratic primaries in which she spoke of putting "18 million cracks" in the glass ceiling.

"To all the little girls who are watching this, never doubt that you are valuable. Hillary Clinton

bridging the red state and blue state divide, Clinton wore a purple blouse and a dark blazer with a purple lapel while her husband wore a purple tie.

Flanked by her husband, daughter Chelsea Clinton and running mate Virginia Sen. Tim Kaine, Clinton said she had offered to work with Trump on behalf of a country that she acknowledged was "more deeply divided than we thought."

THE ASSOCIATED PRESS

Obama promises peaceful transition

In an awkward political ritual, President Barack Obama urged the nation Wednesday to join him in rooting for President-elect Donald Trump's success, even as he and his shell-shocked aides prepared to watch a successor undo much of their work.

Conceding Hillary Clinton's loss, Obama vowed to do all he could to facilitate a smooth transition and to ensure Trump would be well-positioned to run the country. He'd congratulated Trump by phone and invited him to sit down together at the White House.

"We all want what's best for this country," Obama said.

Obama delivered his sunny call for unity while standing in the Rose Garden, much as his predecessor President George W. Bush did after Obama's victory in 2008. It was a symbolic moment meant to signal the calm transfer of power from one president to the next.

But it was also a bit of counselling for devastated Democrats. Obama spoke to more than a hundred of his White House staffers, who stood silently, dazed, some crying.

THE ASSOCIATED PRESS



President Barack Obama, together with Vice President Joe Biden, addresses the nation after Donald Trump was elected. AFP/GETTY IMAGES



Hillary Clinton speaks on Wednesday after her defeat in the U.S. election. AFP/GETTY IMAGES

One day, 'hardest glass ceiling' will shatter

“To all the little girls who are watching this, never doubt that you are valuable. Hillary Clinton



Jacquie Buckley, left, a retired member of the Canadian military, poses with her daughter Teresa Steeves, right, and her grandson Mason Rafuse-Steeves in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Trauma's lasting legacy

REMEMBRANCE

Former soldier sees signs of disorder in her child, grandkid

When retired soldier Jacqueline Buckley sees her four-year-old grandson get angry, she can't help but think of her own capacity to explode with rage. She also thinks of the fury that can be unleashed by his mother, her daughter.

The former sergeant believes this is the legacy of her post-traumatic stress disor-

der, a harrowing psychological wound she was diagnosed with in 2009. She suspects it is buried deep in her family tree.

She notes that her own military dad was a stoic man who refused to discuss what he did during postings to Germany and Cyprus. Their cold relationship was not unlike the one she would forge with her own kids. "I knew he loved me but I don't think I ever felt it," says Buckley, who lives in Carstairs, Alta.

Now she frets over the fate of her daughter's hyperactive toddler, a rambunctious boy who she suspects may have behavioural issues, as well

as his 12-year-old half-sister. Buckley believes they're hobbled by a rocky childhood in which their young mother fell in and out of violent relationships and became addicted to oxycodone and heroin.

Buckley blames part of those struggles on her own poor caregiving skills, which she says went south in 1998. She was part of a grisly mission to analyse dental remains of the victims of Swissair Flight 111, the airliner that smashed into the Atlantic Ocean a few kilometres from Peggy's Cove, N.S., killing all 229 people on board.

At the end of a long day at

“
Looking back, I know I love my children but I didn't know how to feel love. I was cold.
Sgt. Jacqueline Buckley

the morgue, Buckley — who was a single mom at the time — would go home, have a bath and cry. Her daughter was aged 10 but Buckley says she "just checked out" as a mother. "I was home but I wasn't there," she says, admitting she "was

probably a very mean parent."

Buckley was medically released from service in 2010. As the years went on, her anxiety grew "and anger became huge." She had trouble sleeping, pursued toxic relationships, suffered unexpected odour-based flashbacks, and obsessed over indelible memories of human remains.

Today, Buckley suspects her children and grandchildren are mirroring some of her symptoms, believing they suffer from a condition sometimes referred to as vicarious trauma, compassion fatigue, or secondary PTSD.

THE CANADIAN PRESS

STUDY Prison farms have support

Public consultations carried out by the federal government suggest there is "strong support" for reopening prison farms that were shut down across the country six years ago.

The Liberal government is currently carrying out a feasibility study on penitentiary farms and is looking in particular at the possibility of reopening two in the Kingston, Ont., area.

As part of that study, the Correctional Service of Canada conducted an online survey between June 2 and Aug. 4, inviting Canadians to weigh in on re-establishing the farms.

The results of that consultation — which drew responses from 5,890 respondents — were released publicly on Wednesday.

"There seems to be large recognition of the value of institutional agribusiness and thus, a strong support for re-establishing penitentiary farms," the consultation report released by CSC said.

The 2010 closure of the country's prison farms by the then-Conservative government — six in total operating at institutions in New Brunswick, Ontario, Manitoba, Saskatchewan and Alberta — was highly controversial.

Opponents argued the decision was made without properly considering the essential skills the farms taught participating inmates. There was also criticism that local community members had not been adequately consulted. THE CANADIAN PRESS

TORONTO

University's sexual violence policies fall short, victim says

A student who filed a human rights complaint against an Ontario university after she was sexually assaulted by another student says the school's new guidelines for responding to sexual violence fall short.

Mandi Gray, a 28-year-old York University PhD student, was attacked in January 2015. A fellow student, Mustafa Ururay, was found guilty of sexually assaulting Gray earlier this year and is appealing his conviction.

In addition to the criminal proceedings, Gray also filed a complaint against York University at the Human Rights Tribunal of Ontario in June 2015, claiming the school lacked clear procedures for reporting assaults.

Gray alleged that by failing to

have sexual assault-specific policies, procedures and protocols to respond to reports of sexual assault committed by its students and staff, the university discriminated against her as a woman, and as a sexual assault survivor.

"I'm not bringing this forward just for me as an individual. If I wanted to do that I could have walked away with damages, like a cash settlement, months ago," Gray said of her complaint. "I'm doing this for future students and for current students and faculty who experience sexual assault."

In the time since Gray filed her complaint with the human rights tribunal, which has the power to order policy changes, York released interim guidelines

for responding to sexual violence. They include the introduction of a Sexual Violence Response Office and a policy that police would only be notified about alleged incidents with the consent of alleged victims, unless there is an imminent safety risk to the community.

But Gray is taking issue with the guidelines — released in September — and plans to air her concerns at a mediation session with the university organized by the human rights tribunal on Wednesday.

"They're making these really symbolic changes but they're not changing the structure," she said. "I'm hoping the formality of this process will push them to listen to survivors of sexual assault." THE CANADIAN PRESS

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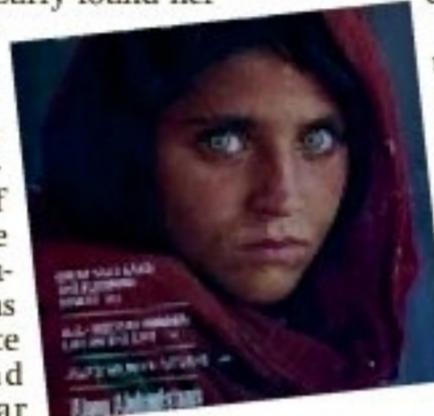
AFGHANISTAN

Famed photo subject was deported from Pakistan

Afghanistan's president on Wednesday welcomed home Sharbat Gulla, National Geographic's famed green-eyed "Afghan Girl," just hours after she was deported from Pakistan, the latest in the odyssey of the globally recognized refugee.

Gulla's deportation came after a regional court in the Pakistani city of Peshawar convicted her on charges of carrying a forged Pakistani ID card and staying in the country illegally.

Gulla's deportation has drawn international attention and criticism of Pakistani authorities over their perceived harsh treatment of Gulla — and other Afghans who Islamabad says will be expelled as illegal immigrants.



She gained international fame as an Afghan refugee girl in 1984, when war photographer Steve McCurry's photograph of her, with piercing green eyes, was published on National Geographic's cover. McCurry found her again in 2002.

In 2014, she went into hiding after authorities accused her of buying fake Pakistani documents. She was arrested in late October and the Peshawar court earlier this month ordered her deported.

Peshawar official Fayaz Khan said Gulla, a widow, and her children were taken by convoy to the border with Afghanistan before dawn Wednesday.

From there she was flown to Kabul where President Ashraf Ghani and his wife Rula hosted a reception for Gulla at the presi-

dential palace. Ghani also handed her keys to an apartment.

"It is a privilege for me to welcome her. We are proud to see that she lives with dignity and with security in her homeland," Ghani said.

She looked visibly unhappy and before crossing, turned once to look back at Pakistan, her home of many years, and murmured good wishes for the Pakistani people, according to two customs officials at the scene.

After the Peshawar court sentenced Gulla to 15 days in jail and a fine of \$1,000, she fell ill and was admitted to the city's Lady Reading hospital. The hospital staff gave Gulla a bouquet of red roses as she was taken away Wednesday, said Dr. Mukhtiar Zaman, who described her as still being weak from her illness.

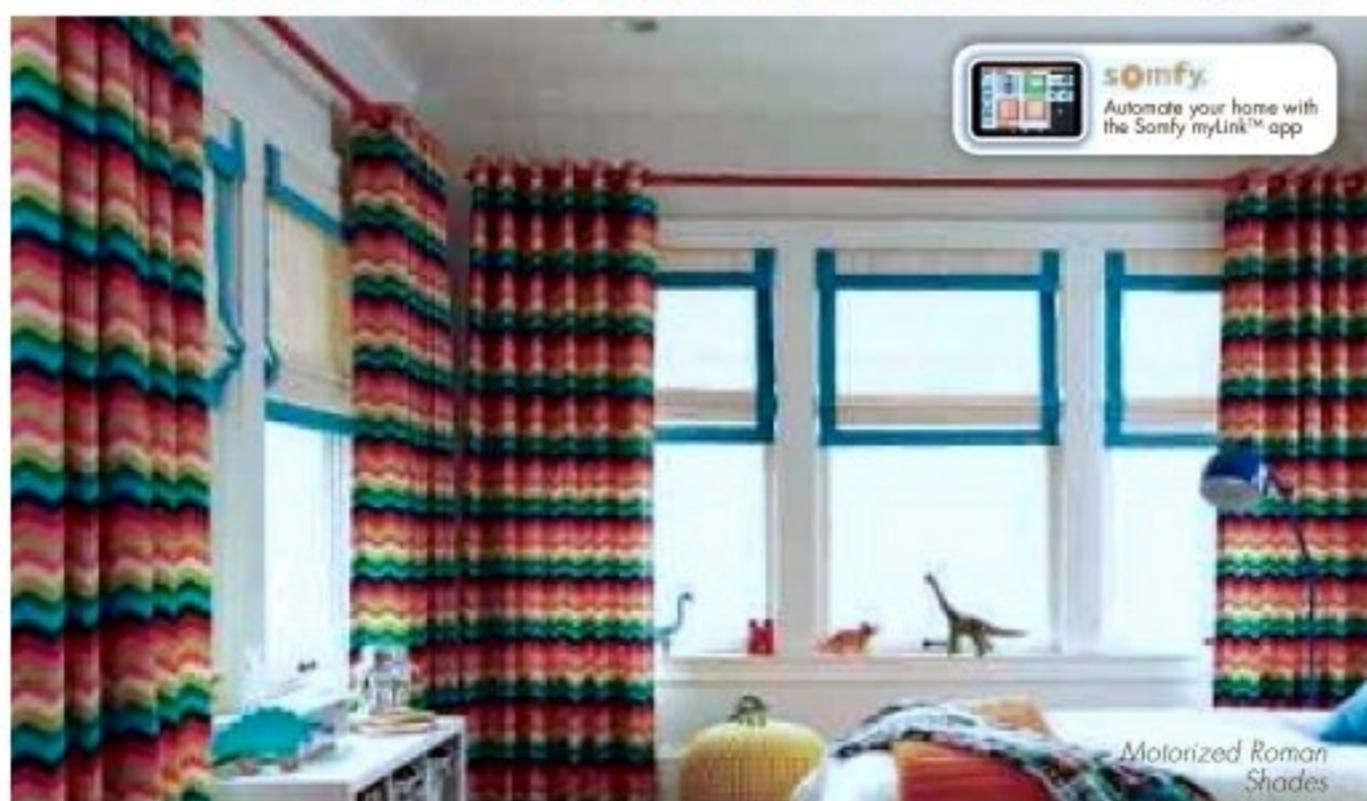
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Afghan President Ashraf Ghani, right, gives an apartment key to "Afghan Girl" Sharbat Gulla.

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Police walk the site where a tram derailed near Sandilands Tram stop on Wednesday in London. CARL COURT/GETTY IMAGES

LONDON

Seven people killed as tram tips over

Seven people were killed and more than 50 injured when a tram derailed while rounding a tight curve in a rainstorm in south London on Wednesday, police said.

The Rail Accident Investigation Branch said the tram derailed as it was negotiating a sharp curve with a speed limit of 20 km/h.

British Transport Police initially said five people had died, with several others seriously injured. The force later raised the death toll to seven.

Police arrested the 42-year-old tram driver on suspicion of manslaughter.

Emergency workers laboured for hours to free five people

trapped in the wreckage of the two-carriage tram tipped over next to an underpass in the Croydon area.

"Initial indications suggest that the tram was travelling at a significantly higher speed than is permitted," it said in a statement.

Passenger Martin Bamford, 30, said the train speeded up and "everyone just literally went flying."

Wednesday's derailment is the first tram accident with on-board fatalities since the 1950s, but official figures show that 20 people were injured in 112 tram-related accidents in the year to March, including one derailment and two collisions with other trams.

THE ASSOCIATED PRESS

CHOLERA

Haiti gives vaccine to nearly 1M

Health authorities in Haiti have begun a campaign to vaccinate 800,000 people for cholera in areas hit hardest by Hurricane Matthew.

Ministry of Health nurses are administering the oral medication in the southwestern departments of Sud and Grand' Anse.

There have been around 3,500 suspected cases of the water-borne illness since the hurricane.

The vaccine provides about six months of protection.

The Pan American Health Organization said Wednesday that international organizations are also assisting with the distribution of clean water, sanitation and treatment for an illness that has killed 10,000 in Haiti since October 2010.

Hurricane Matthew has created ideal conditions for the spread of cholera by destroying water supplies and forcing people who lost homes to squeeze into overcrowded shelters.

The government says the storm killed 546 people.

THE ASSOCIATED PRESS

JESSICA ALLEN ON THE WEIRDEST ELECTION EVER

It's not funny. It's so absurd that it's beyond the realm of satire. And I wonder, while we are laughing, if the joke is on us.

Boy, we've had some good laughs over the last 18 months. There was the hair, the tiny hands, the tan, a "bigly" or two, "nasty woman" and don't forget "lock her up."

And it wasn't just late-night talk show hosts, Saturday Night Live, and satirical websites capitalizing on the circus, but the mainstream media, too. The New York Times, for example, recently published a list of the 282 people, places and things Donald Trump has insulted.

Today, however, the day after a reality-television star was elected the 45th president of the United States of America, it's not funny. It's so absurd that it's beyond the realm of satire. And I wonder, while we are laughing, if the joke is on us.

But it was funny, wasn't it? At least in an unbelievably dark sort of way: A failed casino mogul who has franchised his name, has the backing of the world's most elite hacking unit and the world's most powerful proto-totalitarian state, ran for president with zero political experience, demanded the imprisonment of his opponent, and was endorsed by the KKK — and his name is Trump. Thomas Pynchon couldn't make that up.

Although Trump's rallying cry of "the system is rigged" has now been hushed since the system allowed him to win, that was funny, too, in the way a funhouse mirror

is: showing you a laughable version of your face, until you notice that giant zit on your chin.

Because, whether we like the rhetoric or not, there is a good argument to be made that it's true. Not literally rigged — although African Americans in North Carolina may disagree — but how did a primary proceed in which Hillary was allegedly given debate questions ahead of time

Just part of the vertigo-inducing nature of this election is that one of those people (Clinton) also happened to be the most qualified candidate in the history of American politics.

But there's nothing funny about the way much of the media has framed Trump as a cause, rather than a symptom, of what's wrong with America: as this demagogic figure that emerged from a bubble



lapped up by Trump's supporters have been brewing beneath the surface since long before he announced his candidacy. Trump just stirred the pot.

How could an entire industry dedicated to making sense of all this have gotten it so wrong? I don't know what's more puzzling: how wrong the media was or how puzzled they are over how wrong they were.

Still, it's not the first election to elicit disbelief. Philip Roth, who many thought was a shoo-in for this year's Nobel Prize in literature, which went to the man

who told us the answers are blowing in the wind, was so incredulous after watching Richard Nixon in televised presidential debates that he was filled with "professional envy."

Twenty-four years later, in a 1984 interview with the Paris Review, Roth said: "Any satirist writing a futuristic novel who had imagined a President Reagan during the Eisenhower years would have been accused of perpetuating a piece of crude, contemptible, adolescent, anti-American wickedness."

I sometimes wonder how Suetonius, the ancient historian, or professional muckraker depending on who you ask, felt as he wrote *The Twelve Caesars*.

If they lived in our time, these leaders would be better suited to reality television — think Caesar's combover, Caligula's horse, and all that poison — than to public life. But it would hardly make a difference because there is no "real." It's all reality television now. Maybe it always has been.

"So sad."

How could an entire industry dedicated to making sense of all this have gotten it so wrong?



CHANGING TIMES Presumed shoo-in Philip Roth lost the Nobel Prize in literature to Bob Dylan, the man who taught us that answers blow in the wind, so Trump's victory wasn't the first election to elicit disbelief, Jessica Allen writes.

THE ASSOCIATED PRESS/CHRIS PIZZELLO

to battle Bernie? When Russian hackers forced the ouster of the DNC chairwoman when it was revealed that the party apparatus had rallied in Clinton's favour? Why do we believe the women who've accused Trump of sexual assault but not those who've accused Bill Clinton of the same?

How did the two most disliked candidates in American history come to represent their parties in the race for the country's highest office?

and released his anti-democratic, racist and misogynistic ideas into the country.

As recently as Sunday, for example, the New York Times' Maureen Dowd posited that when historians write about this election, "The epic dark saga will unfold this way: A man filled with fear and insecurity, created a hater-mongering character and followed it out the window."

But these dark and twisted ideologies so vigorously

VICKY MOCHAMA

Think it's hard to tell kids about politics? Try talking to your parents.



Talking about politics with parents isn't easy. While my mother, a political science nerd, cannot be prevented from having a political opinion, my father, a serious statistician, would rather we all got along. Quietly. Some parents are more vocal and politically inclined than others. As a whole, however, there is a troubling silence between generations on the issues and ideas that matter.

The political intentions of young people are not a mystery to me. In this election, according to exit poll data from CNN, young people from almost every racial group voted for Clinton as expected. (The exception to that being 18-29-year-old whites, who gave 48 per cent of their vote to Trump, and that is a column for another day.)

But what are the voting concerns of people my parents' age? And how do we bridge our two political worlds?

I think more people could start over the dinner table. Politics is hard, but it's harder to yell at a relative with pasta in your mouth. Hard, but not impossible, so chewing slowly is also key.

It's a conversation even the stars will be having. TMZ reported that during her appearance at Javits Center in support of the Clinton campaign, Katy Perry said although her parents had voted for Trump, there would still be peace at her family's Thanksgiving table.

There should be peace, but there should also be a willingness to participate in the ideas we all hold. I use humour to open up a space for important conversations.

As we watched the second debate of the election over Thanksgiving dinner, I asked my dad, "Are you a feminist?" He laughed but didn't answer. Minutes later, I persisted, "But, no though, are you a feminist?"

He shrugged, "That's a big question. I don't know if I know what that means."

He continued to demur to the point that it became a running joke between us over the rest of the night. I would corner him in the kitchen and he'd laugh off the question.

Yesterday, he called me from his office in upstate New York to commiserate. He hadn't found feminism exactly, but he too was inescapably saddened by the Clinton loss.

Not everyone can joke and prod their parents into a political reckoning. For people who feel safe in their family's unconditional love, there is an immense value in asking questions, listening and learning.

The Trump campaign, and the movements that preceded it, have revealed that racism, sexism and rage are still potent political forces.

Can you still sit peacefully without knowing if your parents are taking those attitudes from the dining room and into the voting booth?

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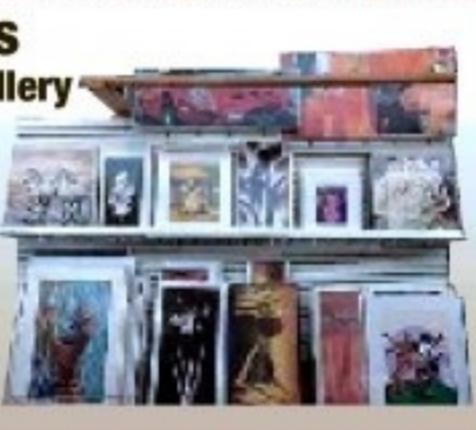
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Sneh Duggal
For Metro Canada

"I'm with her."

World-renowned singer Beyoncé spoke these words of support for Democratic candidate Hillary Clinton just days before Americans voted for their new leader, Donald Trump.

Clinton walked out onto a stage in Cleveland on Nov. 4 as rapper Jay Z told the crowd: "I would like to introduce to you the next president of the United States, Mrs. Hillary Clinton."

Clinton was all smiles that night, embracing Beyoncé, who wore a pantsuit for the occasion, and her husband, Jay Z.

Their message was clear: vote for Hillary Clinton.

"I want my daughter to grow up seeing a woman lead our country," Beyoncé told the crowd.

Clinton's campaign trail had a star-studded cast, with many celebrities vocalizing support for the democratic candidate, showing up or performing at events and rallies. This included singers Katy Perry and Lady Gaga, comedian Amy Schumer and actresses Lena Dunham and Meryl Streep.

But when Trump raced ahead at the polls on Nov. 8, some questioned the impact of celebrity influence.

Boyd Neil, senior digital strategist with Hill + Knowlton Strategies who teaches a course on reputation management at Ryerson University, said celebrities do not have the impact on campaigns that people might think.

"There's nothing wrong with having a celebrity on your side, (it's) better to have them on your side than against you, but does it make a fundamental difference? No it doesn't."

Why not even Bey in a pantsuit could help

Hillary Clinton's celebrity endorsements may have worked against her

DUANE PROKOP/GETTY IMAGES

Neil said while people enjoy individuals as celebrities, they do not necessarily trust their judgment when it comes to politics, economics, social issues or international affairs.

He said there was also a very strong belief among especially white working class men in the United States that there was an entrenched elite in Washington and that Clinton was part of that elite.

Some who voted for Trump



did so despite knowing his flaws "because he ran a campaign that said the elites in

Washington are preventing America from being great, so let's make America great again

by getting rid of the elites," Neil said.

Meanwhile, some view celebrities as elites.

"So when elites ... come out and say support Clinton, when you believe the elites in Washington are the cause of the problems in the U.S., then they have no impact on the people who vote."

Clive Veroni, a brand strategist and president of Leap Consulting, said that the celebrity

It worked in the sense that it spoke to her base, but it didn't really attract anyone on the other side of the aisle.

Clive Veroni, brand strategist and president of Leap Consulting

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endorsements were important for Clinton supporters. "It kind of reinforced their self perceptions and their perception of Clinton as a brand and made them feel better about her as a candidate," said Veroni, also author of *Spin: How Politics Has the Power to Turn Marketing On Its Head*.

But for the other half of the electorate, Trump supporters, many of them white males without a college education, the celebrities endorsing Clinton were "exactly who they don't want to be associated with."

"It worked in the sense that it spoke to her base, but it didn't really attract anyone on the other side of the aisle," he said.

But more than associating themselves with celebrities, Veroni said the concerts and events held were an attempt to capture data and reach out to people, particularly millennials and racial and ethnic minorities and encourage them to vote.

Exit polls show Clinton secured 55 per cent of the vote amongst those aged 18-29, while Trump won 37 per cent. But Clinton's numbers were lower than those of U.S. President Barack Obama in 2008 and 2012 (60 per cent and 66 per cent, respectively), according to the Pew Research Center.

Veroni said there probably weren't many undecided voters leading up to election day, but that celebrity endorsements wouldn't have made much difference on these individuals.

"I don't (think) anyone would have been particularly swayed in their allegiance to one political party or another based on which celebrity is going and giving a concert for them," he said.

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Before and after, zits and all

BODY IMAGE

From anxiety to makeup tips: Lalonde's book covers a lot

Growing up in Waterloo, Ont. Estée Lalonde was an introverted kid who had trouble making friends.

Now, she's a 26-year-old YouTube sensation, living in London and partnering with brands like Burberry and The Body Shop.

Fittingly, *Bloom* is the name of her book, published by Appetite by Random House. In it, she focuses on beauty, body image and fashion, while also discussing her experience with childhood anxiety and the depression she experienced after moving to London alone at the age of 19.

The book is a physical addition to her already established online empire, including her Instagram account with 684,000 followers, her Twitter account with 241,000 followers and her YouTube channel with 1.1 million subscribers.

Why a book?

Everything I do is online. I've never really had that moment where I'm like, "Wow, I made this." You can see the views on the Internet, but it's not tangible. I wanted to challenge myself.

How did you start blogging?

When I moved to England seven years ago, I was really upset and I didn't know what to do. I was feeling down. One day I was like, "Maybe I'll get some makeup and cheer myself up." I wasn't even really into makeup at the time. I started Googling "best lipstick" and then I was like, "Oh my god, look at all these blogs!" I didn't even know what a blog was back then. I read them for a couple

of months and I was like, "I'm not really doing much else, I could probably make my own." I blogged for six months before I started making videos.

What is it that makes these people want to watch you?

I think just the fact that I'll go on camera with no makeup on and you can see how many zits I have. I think people are like oh, she's not always glamorous and wearing heels. I show both sides — that's relatable.

Starting out, what was challenging?

Really, for three years, I wasn't getting paid to do this. It was a passion and it was fun, but it was a hobby. I didn't know back then, this could be a job.

What's your best beauty tip?

I do face masks in the morning. It's some chill time before doing my hair and I really like it. I use sheet masks. I really like the Lancôme one and this one by SK-II.

How do you get paid now?

Ads that appear before videos, sponsored videos and brand partnerships. For instance, I'm working with Adidas as an ambassador for the next year. I think bigger brands are starting to be like, "OK, these people have a cool platform and how can we work together?"

How important is it to you to be transparent about partnerships and saying when you've been gifted items?

It's essential. And you have to by law. I want to do it too — I'm proud of every collaboration I do. When I say yes, it's because I love the brand.

This interview has been edited and condensed.

TORSTAR NEWS SERVICE



Fashion blogger Estée Lalonde navigates life and style in her new book *Bloom*.

RANDOM HOUSE/CONTRIBUTED

BOOK EXCERPT

How to be less anxious

1. Go into social settings thinking "just be yourself."
2. Don't put on any fronts or personas to impress the people around you.
3. The real party doesn't get going till you're much older. If you're still in your teens, you're not missing out now.
4. It's OK not to get along with everyone.
5. Focus on what you care about most and the real friends will come.
6. If I'm feeling really wound up I will go to the washroom, look at myself in the mirror and say, "You can do this!" That's just the mantra that works for me, but I suggest coming up with your own!
7. When I get anxious I find myself holding my breath. Take a few minutes alone to breathe in and out deeply and slowly — that always calms my nerves.
8. Find someone you feel comfortable around and focus on them until you're relaxed enough to mingle with new people.
9. Before a social situation listen to something such as music or a podcast.
10. Remember that you're not the only person who feels anxious. It's just the feeling of adrenaline rushing through your body and everything will be OK. I wish my younger self knew that there were people out there in the world who would accept me — and not only accept me, but like me! What a concept.

ESTÉE LALONDE'S NEW BOOK, *BLOOM*, FOCUSES ON BEAUTY AND FASHION, WHILE ALSO DISCUSSING HER EXPERIENCES WITH ANXIETY AND DEPRESSION.

PODCASTS

Clues about Mystery Show's future

On her podcast *Mystery Show*, Starlee Kine has pulled off such sleuth successes as ID-ing the owner of a long lost belt buckle, deciphering the true meaning of a licence plate that read "I Luv 911," and establishing for posterity the precise height of Jake Gyllenhaal, at least according to Jake Gyllenhaal himself.

The show became representative of our current Golden Age of podcasts, topping the iTunes charts in Canada and the U.S. Lauded by iTunes as the Best New Podcast of 2015, it lingered among the Top 100 in Canada

until as recently as Oct. 9.

Yet Kine, 41, has created a mystery of her own during the show's extended hiatus. A cryptic statement she posted on *Mystery Show*'s Facebook page and Medium.com only stoked the suspense.

Kine described working on the second season as "rough." Beyond that, she wouldn't speak about any new cases. "It's hard to talk about things that you are actively working on because that can even mess something up creatively," she says.

But Kine will be providing

new clues on Nov. 20, when she presents *Mystery Show* live at Toronto's inaugural Hot Docs Podcast Festival. Kine confirms that part of the show will be an episode that she reads live and plays interview clips from.

The mundane mysteries Kine explores are often overshadowed by the characters she meets along the way: take the 911 operator who received a call about a dog driving a car, for example. The show serves as a forum for Kine to follow her natural curiosity about people.

"If I go to a restaurant and I see

someone eating by themselves, even if I've gone there by myself, I almost can't get through dinner because I am so worried about them," she admits.

Kine struggles under the burden of her own standards. Her bar is currently set to Donald Glover heights, as she's been obsessed with his TV series *Atlanta*.

"I just like watching and reading and listening to things that are really committed to what they're doing. I don't mind failure if it's really trying to do something. I like vision."

TORSTAR NEWS SERVICE



Podcast *Mystery Show* was a breakout hit before going dark for 15 months and counting. Its creator Starlee Kine, pictured above, will preview its future at Toronto's first Hot Docs Podcast Festival Nov. 20. TORSTAR NEWS SERVICE

Political satire's brave new world

OPINION

Pop culture must get deadly serious about Trump era

Vinay Menon
Torstar News Service

Pop culture can't be all frivolous. It needs to get deadly serious about its new responsibility in the Trump era.

It was like watching footage of an asteroid hurtling straight toward your roof.

And then... boom!

Before you had time to run for cover, the U.S. election blew up real bad.

This was a flashbulb memory that will be stored in our brains forever.

I will never forget the sight of CNN's Wolf Blitzer and John King, standing in front of the Magic Wall and trying to make sense of numbers that made no sense. As the electoral map flashed red, as every poll and expert prediction was slaughtered, they looked as dizzy as toddlers on an accelerating merry-go-round.

"Make it stop, John," Blitzer's eyes screamed. "Hold me."

I will never forget the creeping horror as the sadistic New York Times' "Live Presidential Forecast" started to tremble and the needles tipped toward the unthinkable: President. Donald. Trump. As the "Chance of Winning Presidency" dread-o-meter

But after the most surreal election in modern history, the reality is it's time to shelve the fear and loathing. It didn't work for 18 months. It's even more useless now. It's time to accept the free world is led by a man who is at the same precipice as the rest of us: an unknown future.

If we are to turn back and avoid plunging into the abyss, North America will need an army of loud town criers who are willing to shout down the drooling extremists that flank President Trump. It won't be easy. This may still end very badly. But we'll need to be calm and vigilant and strategic. We'll need to be hopeful the Trump who delivered a surprisingly gracious victory speech in the wee hours of this mind-blowing tumult is the Trump who will saunter into the White House as a president for all Americans and a leader for all allies.

These town criers will need to include the entertainment industry.

One of the downsides of back-to-back terms for Barack Obama was the gradual dulling of political satire. This is likely to reverse with Trump. But before the knives are sharpened, the sketches, the late-night jokes, the stand-up sets, all of this will require new incision marks.

It's one thing to ridicule Bill Clinton's infidelities or George W. Bush's malapropisms. But if Trump actually follows through on his terrifying promises, if he starts making noises about state-run media or

If Trump actually follows through

on his terrifying promises ...

comedy will need a higher sense

of purpose.

flattered to the right — 14, 20, 48 60, 95 per cent — it's like the dial was actually measuring my blood pressure.

People, I'm red-lining over here! Call a doctor! I can't feel my limbs!

It's strange to wake up in the splintered ruins of everything you thought you knew, in the debris of your shattered faith in humanity. It's hard to stumble through a Wednesday morning routine — getting the kids off to school, wheeling out the recycling bin, feeding the cat — while overcome with existential panic.

fires up the naval fleet for mass deportations or invades Moose Jaw or sets in motion a new world order — I can't believe I just typed those words — comedy will need a higher sense of purpose.

The Republicans now control all levels of government. The only real levers of persuasion left to inspire or rile the people — both the people who did and did not vote for Trump — now rest in cultural corners usually considered inconsequential.

That's the Trojan Horse. That's the only horse.

A new era of protest



The Fox show *The Simpsons* predicted a Trump presidency in a 2000 episode. CONTRIBUTED

songs. TV shows with thought-expanding messages that appeal to viewers in all states. Literature that helps us better understand one another. Media that debunks the mushrooming hoaxes in our midst. Films that glorify the democratic ideals of a republic rumbling through an ugly personality change.

Pop culture can no longer be exclusively about the frivolous.

It now also needs to be deadly serious about what just happened.

And it's why the celebrities who threatened to leave America if Trump prevailed — Amy Schumer, Lena Dunham, Samuel L. Jackson, Chelsea Handler, Bryan Cranston, Miley Cyrus, George Lopez, Barbra Streisand, Whoopi Goldberg, Chloe Sevigny — must walk back those vows made in jest.

The war has just started. So helmet up and back to your Hollywood foxholes.

"I would consider getting in a rocket and going to another planet because clearly this planet's gone bonkers," Jon Stewart joked with People, about the possibility of a Trump triumph that is now a reality.

Well, Jon, the planet went bonkers this week.

And if sanity is to be restored, we'll need everyone to stay and fight.

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Sandy Joe Karpetz (@theprettysecrets) photographed in Garmain. PHOTOGRAPH BY ALYSSA LAU

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STREET STYLE
LOCAL HERO
Style star Sandy Joe Karpetz shares her Edmonton hot spots

NEIGHBOURHOOD WATCH
Best beauty boutique
"Pura Botanicals (10132 124 St. N.W.) is an all-natural beauty line with a studio full of potions that smell heavenly."

Trusted hair salon
"Patricia Jastrzebski at the Weekly Trim True (10359 104 St. N.W.). Her balayage techniques are unparalleled by anyone else in the city."

Killer workout class
"Way of Gray with Sophie Gray (wayofgray.com). She is a powerhouse and has mastered the art of a simple but highly effective workout."

Top tipple
"The Ikki Caesar from Ikki Izakaya (11931 Jasper Ave. N.W.) has shichimi spices and is garnished with shrimp and a cucumber."

Ultimate guilty pleasure
"I head to Duchess Bake Shop (10718 124 St. N.W.) for a Duke cake—but I have yet to feel guilty about it."



Amy Adams, who plays a linguist in *Arrival*, says as a mom in her 40s she's at a crossroads. The film, which has a significant motherhood context, helped her with this internal shift. CONTRIBUTED

Adams's princess days over

INTERVIEW

Actress veers away from innocence in latest films

For a time, Amy Adams, a former chorus girl from Colorado, was known for her princesses and country girls: sweet and sunny characters that helped make Adams a star.

"I call them the innocents — like Picasso, my 'innocent period,'" Adams says, chuckling. "But the naivety or anything that I brought to a role, I didn't feel trapped by it. I thought each of them saw the world in a different way. I was perplexed that people saw me in that way but I understood it. I didn't know when or how that would change, but I knew it needed to in order for me to evolve as an actress."

That evolution has been going on for some time, from the forceful restraint of her performances in *Doubt* and *The Master* to more unbridled outings in a pair of David O. Russell films, *The Fighter* and *American Hustle*. At 42, she is already a five-time Oscar nominee. But this fall, in a pair of intelligent, layered performances, Adams' expanding range and growing complexity has never been more on view.

In Denis Villeneuve's *Arrival*, she stars as a linguist tasked by the government with communicating with newly landed aliens whose sleek, orb-like ships are mysteriously hovering just off the ground. The movie, which opens Friday, is thick with a *Close Encounters of the Third Kind* atmosphere and resonant — through Adams' performance — with deeper emotions than your average sci-fi film.

Adams also stars in Tom

Ford's *Nocturnal Animals* (out Nov. 18), as a Manhattan gallerist trapped in an unhappy marriage. When a novel written by her first husband (Jake Gyllenhaal) arrives, she's teleported into a fictional world. The book's story, a bloody thriller, is heavy with personal subtext.

"Both of these characters come to a crossroads and I feel like I'm at a bit of a crossroads," Adams reflected in an interview in September at the Toronto International Film Festival, where both films played.



I feel really happy about the changes that have happened internally

Amy Adams

"It's being a mom and entering my 40s and looking at things in a different way, a way that has been really awesome," Adams said of her shift. "I feel really happy about the changes that have happened internally. I feel like these films helped that happen."

But those changes, she says, are mostly about finding a balance between her career and her family life. She and husband Darren Le Gallo have a six-year-old daughter. Though spelling out the connection would give too much away, motherhood was an especially powerful influence on *Arrival*. Adams agreed to do the film within 24 hours of being sent the script.

"Every time I start talking about my daughter in relationship to *Arrival*, it goes straight to tears," says Adams. "My husband saw the film before I did and he couldn't talk to me for a while." THE CANADIAN PRESS

EXTRATERRESTRIALS

Villeneuve's *Arrival* is sci-fi with brain

In *Arrival*, a new humanistic sci-fi film from future *Blade Runner* director Denis Villeneuve, Amy Adams plays a woman who sees life on a fractured timeline, like a Tarantino movie where the beginning is the end and the end is the start.

She plays Dr. Louise Banks, a linguist recruited by the U.S. Military to communicate with giant alien heptapods — think Kang and Kodos from *The Simpsons* — who have landed in Montana and 11 other sites worldwide. Are the ETs scientists, tourists or warriors?

"Most science-fiction movies are about a display of technology or weaponry," says Vil-

leneuve, "and *Arrival* is not that at all. It is an intimate story about a linguist who is confronted by a huge challenge. In a way, *Arrival* has some elements of a sci-fi movie but it is closer to a strange cultural exchange."

War of the Worlds, this is not. Based on the short story *Story of Your Life* by Ted Chiang, this is an alien invasion film with more in common with the heady sci-fi of Andrei Tarkovsky and the crowd-pleasing emotionalism of Steven Spielberg's *Close Encounters of the Third Kind*. It's more about the importance of communication — "Language is the

first weapon drawn in conflict." — than alien technology or *Independence Day* style Martian marauding.

The story is an exploration of the unknown, exactly the thing that sparked Villeneuve's interest in the script and to the genre in general.

"The vertigo that is created by the unknown," he says, "that is what attracted me to sci-fi."

He cites a Stanley Kubrick masterpiece as a potent example of the kind of sci-fi that lit his imagination on fire.

"The biggest impact was *2001: A Space Odyssey*," he says. "The first time I saw it

was on television. I remember vividly the vertigo that movie created. Even though I saw it on TV I still think it is one of the most significant cinematic experiences I have had."

In *Arrival* Villeneuve takes a page from Kubrick's playbook and by the time the end credits roll he presents the audience with a climax that is both spacey and grounded.

"It is a privilege when you can take a camera and ask people to sit for two hours in a theatre," says Villeneuve. "It is nice if you take that privilege to explore something out of our reality, to bring some poetry to it."

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FROM THE EDITORS OF THE KIT

War snipers' harrowing tales told in docu-drama

REMEMBRANCE DAY

Filming was 'powerful, moving,' says director

They suffered more casualties than any other Canadian regiment on the Allied Western Front during the Second World War.

Now, their stories are being told in the docu-drama *Black Watch Snipers*, premiering this Remembrance Day on History.

The film profiles Canada's Black Watch regiment through the true stories of five snipers who worked side by side to help defeat the Nazis in the 10 months following D-Day on June 6, 1944.

Four of them, all in their 90s, were alive during the making of the film and appear on camera to describe their harrowing experiences.

"It's a long and storied regiment," says Robin Bicknell, the film's director/producer.

"They had three or four Victoria Crosses in (the First) World War . . . and so I think it was in and of itself a story that needed to be told."

"For example, their first battle at Verrières Ridge, the first big battle, 97 per cent of the kids who went up that hill didn't come back."

The snipers who recount their tales in the doc are Jimmy Bennett, Jim (Hook) Wilkinson, Russell (Sandy) Sanderson and Mike Brunner.

"Some of them have told their stories, even to their families or whatever, but certainly Jim Bennett . . . it was like I had turned a faucet on and it all just came pouring out and he said, 'I've never told anyone this — not my family, not my wife. No one,'" says Bicknell.

The film is narrated through the story of Ontario-born Dale Sharpe, who died in battle and was said to be the hero of the group's platoon.

Bicknell says she tracked down the Sharpe family and interviewed them for the film after hearing the other veterans talk about him.

The film has been "life-altering" for the family.

"They didn't really know anything about what had happened to their dad after he had gone over," she says.

"They knew some vague thing and they have the telegram that said what happened to him. They didn't know the impact he had on all of these men."

Bicknell says when she started the project, there were only about 20 veterans left out of about 5,000 that served in the Black Watch regiment, and of those, there were maybe 10 or 12 that could actually sit for an interview.

When she started production, she realized that four of the interviewees were not only personally close, but they were part of the same platoon and had saved each other's lives.

"Then on top of it, all four of them, separately, spoke about this Dale Sharpe character with such great reverence and sadness and honour, so I really felt like he had to be part of that film as well," she says.

Bicknell retraced the steps the regiment took in 1944. She also hired actors for re-enactment shoots in Elora, Ont.

"It was moving, it was powerful, they laughed, they cried," she says of the first-person accounts they filmed.

"It's almost like we time-travelled a little bit and it felt like they were right back there and could describe it in such visceral detail. It was astounding, actually. My memory is not that good!"

Two of the real-life snipers who appear in the film — Sanderson and Wilkinson — have since died.

Bicknell was able to bring them and Brunner together during shooting (Bennett was unable to fly), and their reunion is captured at the end of the film.

"I took them to a gun range and gave them their old sniper rifles and sure enough, they could still hit those targets, honest to God," she says.

"The muscle memory just kicked in. It was amazing to watch."

THE CANADIAN PRESS



They suffered more casualties than any other Canadian regiment on the allied Western front during the World War II. Their stories are told in *Black Watch Snipers*, premiering this Remembrance Day, on History. THE CANADIAN PRESS/HO-CORUS ENTERTAINMENT INC.

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Gripping films pay tribute to soldiers

REAL STORIES

War movies that serve as a Remembrance Day backdrop

Richard Crouse
For Metro Canada

William Shakespeare wrote, "Praising what is lost makes the remembrance dear," a fitting sentiment for the most solemn day on the calendar.

Every November 11 we pay respect to "the men and women who have served, and continue to serve our country during times of war, conflict and peace." In observation, here's a list of movies to serve as a backdrop on this sombre day.

The Best Years Of Our Lives is 70 years old, but the story of servicemen struggling to rebuild their lives after the Second World War is timely and relevant.

Perhaps it feels so authentic because the crew were all Second World War veterans and the main character, who faces discrimination after losing both hands in combat, was played by real-life Nova Scotia-born disabled vet Harold Russell.

The actor, who lost both his hands while training paratroopers, won two Oscars for

his work, a best supporting award and another for being an inspiration to all returning veterans, making him the only performer to win twice for the same role.

The *Hill*, a little known British film that features one of Sean Connery's best performances, shows war from a different point of view.

Set during the WWII in North Africa, it's the story of a stockade run by Brits to punish deserters. Writer Ray Rigby based the screenplay on his two terms in military prison. Connery wedged it in between *Goldfinger* and *Thunderball* and it is a stark contrast to the glamorous work he was doing in the Bond films.

We can't talk about war films on Remembrance Day without paying tribute to Canadian soldiers. A pair of films from Paul Gross, *Passchendaele* and *Hyena Road*, are the best-known homegrown explorations of Canadians in battle, but they are very different films.

Passchendaele is a hybrid of romance and war movie based around the 1917 battle for Passchendaele that lasted four months and claimed 600,000 causalities on both sides. The story sprung from a conversation Gross had with his grandfather who told him about bayonetting a young German, killing him during a battle. Years later as his granddad lay dying in a hospital bed he asked for forgiveness over and over.



In Paul Gross's *Hyena Road*, three conflicts stand at the intersection of modern warfare, a murky world of fluid morality in which all is not as it seems. CONTRIBUTED

Only Gross knew he was speaking to the young German he had killed in the First World War.

Gross based the screenplay for *Hyena Road* on another personal experience, conversations he had with Canadian troops in Afghanistan. It's a complicated part of the world, but this isn't a complicated movie. It's a film

that clearly and concisely states its thesis that this conflict isn't a matter of winners or losers, but of uncertainty that will eventually lead to an end state.

In that way it's more *Zero Dark Thirty* than *American Sniper*.

"*Passchendaele* was partly the way it was because it was

the bridge between the romantic period and the modern era," says Gross. "I think *Hyena Road* is post-modern in that the nature of warfare contains almost no romanticism anymore. It's very complicated."

Hollywood has never shied away from depicting fighting Canadians. Christopher Plum-

mer plays Canadian fighter pilot Colin Harvey in *Battle of Britain*. Lloyd Bridges was Canadian Commando Major Jamie Wilson in *Attack on the Iron Coast* and the Devil's Brigade saw a special forces unit created from Canadian Army troops and a motley group of U.S. Army misfits.

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Civil rights film revels in power of love

INTERVIEW

Co-star hopes film will spark compassion, outrage

Actress Ruth Negga sees the 50-year-old story of American interracial couple Richard and Mildred Loving revealing itself onscreen like a couple's dance in the fact-based drama *Loving*, opening Friday.

Richard Loving (Australian actor Joel Edgerton) begins the film by leading. "Slowly, the hand positions change and she's the one taking control. And I think that's really important," said Negga, hours before Loving had its North American premiere at the Toronto International Film Festival.

Over the nine years that Loving covers, it is a joy to watch Negga's portrayal of Mildred as she goes from shy country girl to confident woman, speaking up with gradually revealed determination against the unfairness endured by her family at a time when many voices were silenced. It's not surprising Best Actress Oscar talk began when

the movie had its premiere at Cannes in May and again in September at TIFF.

"I think it's important to see a woman who's quite reserved and shy and quiet show a certain strength, because there's many kind of strengths isn't there?" said the Ethiopia-born and Ireland-raised Negga in her soft Irish lilt.

The Lovings were a Virginia couple who married in 1958 and had a family at a time when interracial unions in that state and others were outlawed. Mildred Loving was African American and native American; Richard Loving was white.

The couple went to neighbouring Washington, D.C., to marry and returned home, where Mildred was jailed after their relationship was discovered. The Lovings were forced to leave Virginia permanently, raising their three children in Washington, away from family and all things familiar to them, or face imprisonment. A resigned Mildred bore it with quiet dignity until she couldn't stand the injustice any longer.

She wrote a letter to then-U.S. attorney general Robert Kennedy asking for help with their civil rights case, which was eventually



Ruth Negga (Mildred Loving) and Joel Edgerton (Richard Loving) bring to life the story of a couple who married in Virginia in 1958 when interracial unions in that state were against the law. THE CANADIAN PRESS/HO-TIFF-BEN ROTHSTEIN

I think it's important to see a woman who's quite reserved and shy and quiet show a certain strength. Ruth Negga

taken up by the American Civil Liberties Union. They fought to the Supreme Court.

Negga, born to an Irish mother and Ethiopian father, needed to do considerable research both into that time in America and her character. She turned to Nancy Buirski's 2011 documentary *The Loving Story*, calling it "my

Bible," not only for providing her introduction to "accidental hero" Mildred and the racial politics of the time, but also for the footage of the "bucolic beauty" of rural Virginia, where Loving was filmed.

Written and directed by Jeff Nichols (*Take Shelter*, *Mud*), the depth of feeling between the

Lovings and the forced suppression of their emotions play out as profoundly genuine.

"It was like, have you ever been given a present or bought really lovely jasmine tea, those little balls, and then the whole tea ceremony where you put the water and it (opens) and it's really moving, quite beautiful," Negga said quietly.

"That's what reading Jeff's script is like. And even the colour, there's these tone-y colours, this great light to our film. Amber light. And there's something so warm and inviting and beauti-

ful. Reading the script I felt that sort of energy. I felt those colours come through."

These experiences helped her form thoughts about the nature of the Lovings' relationship.

"The overwhelming thing you come away from when you watch the picture is that (they are) deeply connected . . . deeply, soulfully connected, deeply in love," she said. "And what's apparent is that love is the kindest, most gentle, most loving respectful love I've ever seen between two human beings. You could almost see it."

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Searching in the shadows



Award-winning author Ian Rankin says "big moral questions" drive the plot lines in his stories. CONTRIBUTED

BOOK BRIEFS

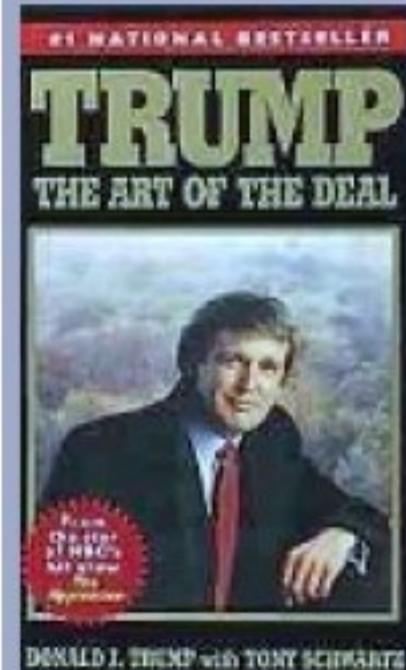
Sales for Trump books jump after election

The impending presidency of Donald Trump is already helping his books sell.

Trump's breakthrough bestseller from the 1980s, *The Art of the Deal*, and his campaign work *Great Again* were on Amazon.com's "Movers & Shakers" list Wednesday of books making the biggest jumps on the bestseller list.

The Art of the Deal soared from No. 1,107 to No. 24 and *Great Again* from 5,340 to 172.

THE ASSOCIATED PRESS



GRAPHIC NOVEL

A Santa Claus who loves beer — not milk

Klaus
By: Grant Morrison, Dan Mora
Publisher: Boom! Studios
\$34.99, 208 pages

Mike Donachie
Metro | Canada

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mind, that's because comic superstar and Scottish über-weirdo Grant Morrison came up with it, and it's a beauty.

In classic comic-book style, it's an origin story. Deep in the forests of non-specific historical Europe, villagers are being mistreated by a despotic overlord who is hell-bent on summoning a demon.

But out from the dark

CRIME FICTION
A retired detective with knack for solving puzzles

Laura Boast
Metro | Toronto

Ian Rankin loves Canada.

The award-winning crime writer and his wife took a tour of the Maritimes this fall, with a plan to drop in on their friends Mary Walsh and Donald Nichol in St. John's. Yes, that Mary Walsh, a.k.a. Canada's Warrior Princess Marg Delahunt.

"I'm well-connected," he says with a smile.

It's easy to imagine Rankin's fictional detective, Insp. John Rebus, loving Mary Walsh and the East Coast, too. Colourful characters, acerbic wit, and a keen understanding of the human condition play large there, just as they do in Scotland.

The latest installment in the Rebus series is out this month: *Rather Be The Devil*. Metro sat down with Rankin at U.K.'s Crimefest to talk about Edinburgh as the setting for the Rebus series.

"It always seems to be calm and rational on the surface," he says. "It's a well-to-do city with tradition and history. It's this living museum."

But just underneath the

polished surface, there's a gritty reality of drugs, gangsters, human trafficking and prostitution, along with social problems related to unemployment.

That contrast of polished surface and criminal underworld go way back in the Scottish capital. Rankin says the Jekyll and Hyde tale was inspired by a real-life character: William Brodie. Brodie was a respectable cabinet-maker and locksmith in Edinburgh by day. By night, he used those same skills as a burglar.

"Edinburgh is like Jekyll and Hyde," says Rankin. "It's two cities."

It's the shadowy side Rebus inhabits. But as much as the shadows go way back in

Edinburgh, police work has evolved for Rebus and his real-life counterparts in Edinburgh. What used to be eight regional police divisions is now one colossal organization: Police Scotland.

Needless to say, some of the books' characters, like the younger DI Malcolm Fox, chafe against the involvement of other investigators parachuted in from outside the city.

There's also technological progress in forensics, like DNA testing. But real life is nothing like a *CSI* episode in Scotland's police labs, says Rankin.

"We've not got that kind of machinery," he says. "We don't have the funding for it. You could send samples to the States for analysis, but that would take time."

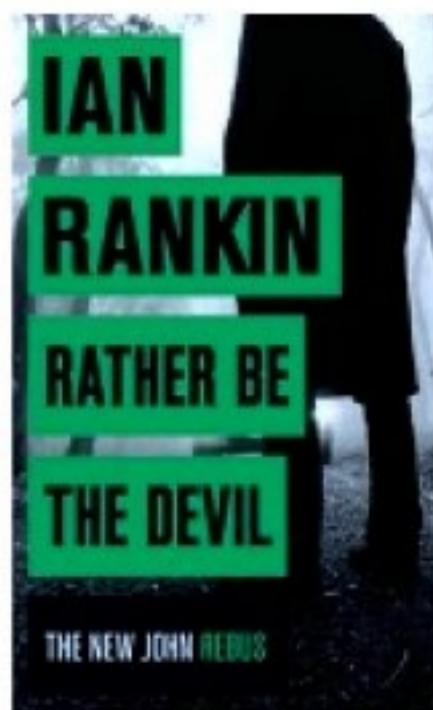
It all means that Rebus, who prefers old-style, instinct-driven detective work, does well in his new role in the series as a consulting detective to his old colleagues DI Siobhan Clarke and DI Fox.

Rebus had to retire from the force at 67, but as a consulting detective he can keep his hands in things. It's similar for Rankin, whose police contacts have retired.

Even as crime and forensics evolve, the roots are still the same.

"The motivations are still the seven deadly sins," says Rankin. "The same question pertains: Why do humans keep doing things, bad things to each other? I'm fascinated by big moral questions and puzzle solving."

Maybe that's why his character is named Rebus — a type of puzzle. The fictional detective has plenty of life behind him, and plenty of life still in him, to solve the mysteries in Edinburgh's shadows.



Edinburgh is like Jekyll and Hyde. It's two cities.
Ian Rankin

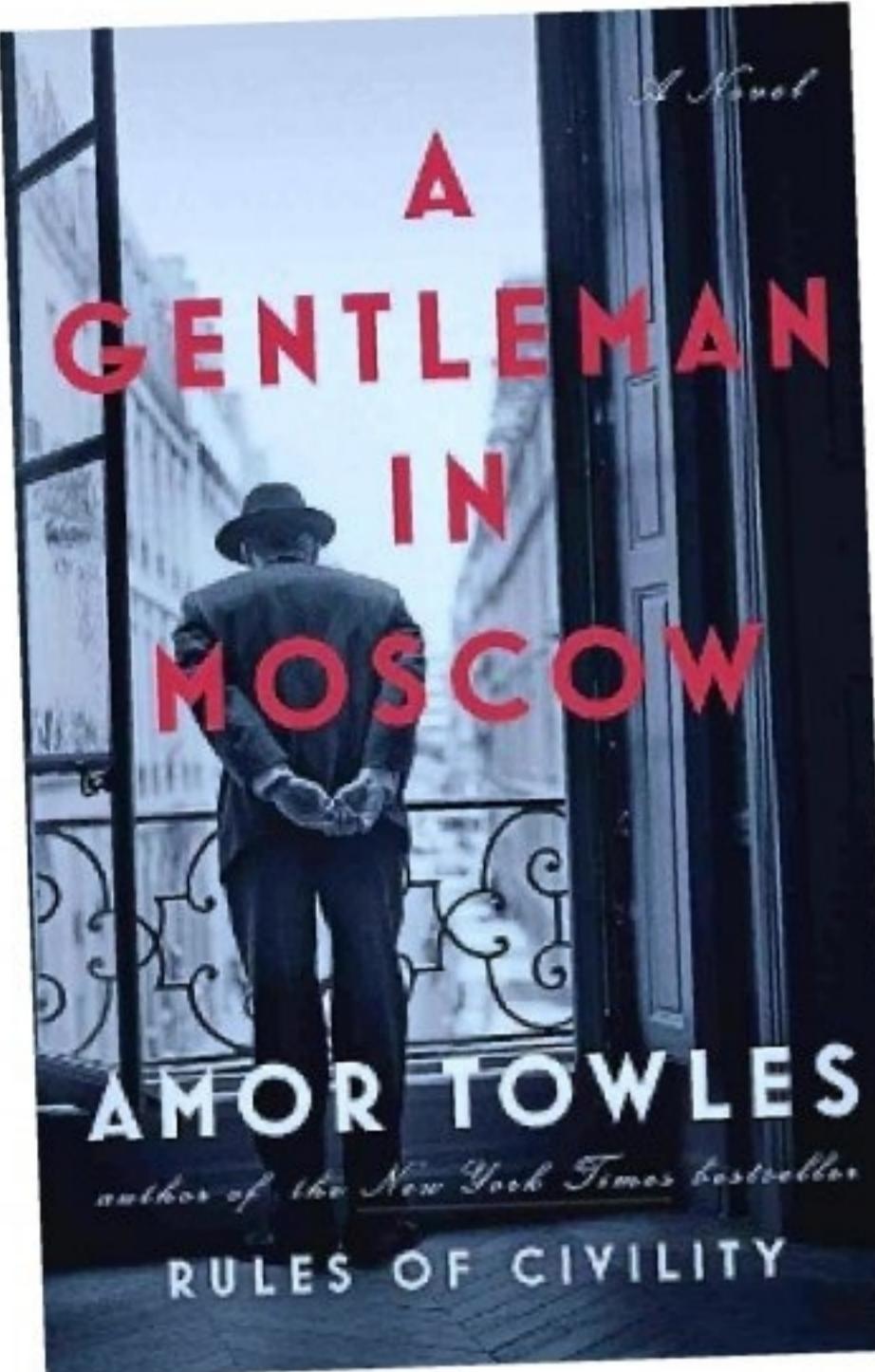
woods comes a man called Klaus, seeking a place to rest and a beer to quaff. The village of Grimsvig isn't how he remembers it, and he falls foul of the evil baron's henchmen when he points out that ruling with an iron fist should get you on the naughty list.

What's a man to do? Well, save Yuletime, of course,

armed with a perfect physical form, his heroic nature, a pet wolf, and the shamanic powers of non-Christian winter tradition. He also has a sack of toys.

If ever there was a perfect comic book for Christmas gifting, it's this. It's cool, exciting and so much fun.

And it shows that Santa drinks beer, not milk.



A carefully crafted story

BOOKS

Towles spent years drafting a novel about a trapped man

Sue Carter
For Metro Canada



It's no surprise that Amor Towles looks completely at ease sitting inside the lobby of Toronto's posh King Edward Hotel.

For more than two decades, the New York author travelled the world as an investment professional; hotels from Paris to San Francisco became his temporary home. During one of those trips in 2009, as Towles was checking into Le Richemond in Geneva for the eighth year in a row, he recognized a few people in the luxury hotel's lobby from previous stays.

"It was as if they never left," he says.

Towles realized he had an interesting premise for a book: what if a character was trapped in a hotel and forced to live

there? He went to his room, and began sketching out a brief outline on the hotel's stationery. The idea grew into Towles' new novel, *A Gentleman in Moscow*, the follow-up to his best-selling debut, *Rules of Civility*.

Set in 1920s Russia, the story follows Count Alexander Rostov, one of the country's dwindling aristocratic class, who is sentenced to house arrest at the infamous Metropol hotel after writing a poem considered to be a call for revolt against the Bolsheviks. Rostov is forced to give up his luxurious suite and surroundings for an attic room.

But what he loses in wealth and prestige, he gains in new relationships with the hotel's other residents and workers, including a precocious young girl named Nina.

Though one would expect a book set in the era to be steeped in Soviet politics, Towles was

more interested in developing the characters and their cloistered world.

He took four years to carefully outline the story, and didn't seriously begin writing until 2013, a year after retiring from the investment industry to become a full-time author. Towles also avoided pursuing too much research until late in the process, despite the fact that "virtually anyone famous who visited Moscow drank at, ate at, or slept at the Metropol," including John Steinbeck and E. E. Cummings, who both wrote about their experiences there.

"For hundreds of years narratives were written and read in the spirit of trying to get a glimpse of the human condition through three-dimensional characters. It has nothing to do with what kind of nails are hammered in the floor," Towles says. "I'm not sloppy or



... I pick projects that are already within my personal fascinations.

Amor Towles

lazy about it, but rather than pick a project and research all about it, I pick projects that are already within my personal fascinations."

With *Rules of Civility*, about a young woman exposed to Manhattan's elite social class during the 1930s, Towles relied on his love of the era, and the movies, music and nostalgic locations of long-ago New York. For *A Gentleman in Moscow*, he brought in his fascination with Russian literature and early 20th-century history. Towles also knew he wanted to showcase the rich culture outside of the preconceptions about Cold War ideology.

"The American citizens' view of Russian life in the '20s, '30s and '40s is pretty narrow: bread lines and shortages, political oppression, possible arrest and execution, all of which were aspects of that time, no question," Towles says. "But the reality was that the vast majority of Russians continued to fall in love, get married, have kids, to appreciate music and art, to practise their religion, though perhaps in private. The book, to some degree, is an exploration of showing that dimension of human life."

Prison diary instead of rhymes: Lil Wayne's life on the inside



Recording artist Lil Wayne released a memoir titled, *Gone 'Til November*, about his 2010 jail stint for gun possession.

JORDAN STRAUSS/INVISION/THE ASSOCIATED PRESS FILE

Once Lil Wayne knew he was going to jail for gun possession, he mapped out his plan to survive.

"There was, 'OK, let's get a plan together ... from when you go in ... and when you get out,'" the rapper said of his eight-month stint in New York City's Rikers Island in 2010.

What wasn't intended was his new book detailing his experience. *Gone 'Til November* is based on his diary from his time inside prison. He writes about disillusionment, disputes between inmates and a time when he officiated at a gay marriage.

Sean Combs and Kanye West visited you in jail. What did that mean to you?

When I was there, actually talking to them during the visitation, they made it so real. ... They were like, 'How you feeling? What are you going

through? Do you need anything? Do your parents need anything?' And then, I said the moment it hit me was going back up to the cell.

How did you get through it?

It was due to the people around (me). I mean the prisoners, the guards. ... They took all the cliché (out) of whatever I thought it was gonna be, they took that and threw it right out the window. They made me feel like, for lack of a better word, to say like I was at home. ... For everybody to treat you the same. ... Whatever it was, it worked.

How did you keep your seizures under control? (He suffers from epilepsy.)

I had to take my medicine every single day, not that I don't take my medicine ... I

guess God was with me.

What did it feel like to perform after your release?

Like, uh, being in an accident and losing ... feeling in

your legs and they're telling you (that) you'll never walk again. And coming back eight months and running up. ... That's how that felt.

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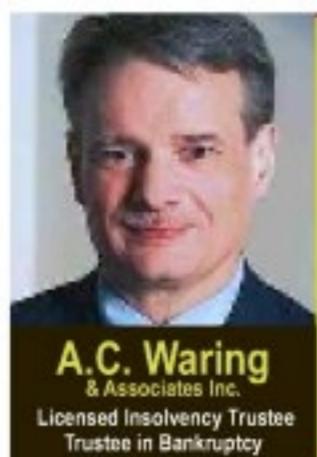
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Ayesha Curry is an all-star in the kitchen



Ayesha Curry recounts her early childhood years growing up in Markham, Ont. in her new cookbook, *The Seasoned Life*. MICHELLE SIU/THE CANADIAN PRESS

COOKBOOK

NBA husband has come a long way as a cook, Curry says

Ayesha Curry and her NBA superstar husband Stephen Curry call California home, but her exposure to ethnically diverse foods while growing up in Canada helped fuel her lifelong love of cooking.

In her new cookbook, *The Seasoned Life* (Little, Brown and Company), Curry recounts her early childhood years in Markham, Ont., just north of Toronto, where she would watch her babysitter make Trinidadian curry and roti for clients in her mom's basement salon.

As a child of Jamaican, Chinese, Polish and African-American heritage — referred to as "The United Nations" by her classmates — Curry felt right at home with the expansive array of culinary options on her doorstep, including neighbourhood eateries featuring Indian, Ethiopian and Greek cuisines.

"I lived here until I was 14

years old, and then moved to North Carolina, and that was a big culture shock for me," she said in a recent interview at a downtown Toronto bookstore.

"I was just starting high school, and the lifestyle is very, very different there, so I was able to see different worlds. But growing up here, it's such a melting pot of people and culture and food, and even the style of how food is made here is different. I feel like having both worlds let me see the difference and let me see what I wanted to pick and choose from each place."

The mash-up of culinary influences is threaded throughout *The Seasoned Life*. In addition to light-hearted stories and photos, the book showcases recipes influenced by Curry's cultural upbringing, from her Jamaican grandmother's es-covitch fish dish with sweet and sour sauce, to a twist on chicken soup featuring fried dumplings.

The Seasoned Life also features a five-ingredient pasta recipe including bell peppers and pancetta from Curry's husband Stephen, the reigning NBA MVP and star point guard for the Golden State War-

riors. (Curry made waves Tuesday night when he dropped 13 three-pointers against the New Orleans Pelicans, finishing the game with 46 points. He also owns the record for most threes in a single season, having dropped 402 treys last season). While Stephen is much more adventurous now in his culinary choices, he has had a few kitchen misadventures.

She shares a few fun anecdotes about the basketball star, including trying to pass off store-bought chai lattes as homemade, and serving her over-salted Cream of Wheat with a burned bagel and eggs scrambled to a crisp.

"I don't want to give him too much credit, but he can cook a nice meal these days, which is awesome," said Curry, adding that he has prepared the steak dish and bananas Foster dessert recipe from her book.

"Just as a matter of broadening his palate, he's surpassed that. He'll try anything and it's really cool that he's done that. He's definitely done it for me, because if it was up to him, I don't think he would have had anything other than, like, pizza and chicken Parmesan."

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The War Amps
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The War Amps does not receive government grants. Charitable Registration No.: 13196 9628 RR0001

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CHARITY GIFT GIVING

Sharing a lasting legacy

People often can't help but smile when they see Kamryn Bond, 6, lay a wreath with her friend, Shannon Krasowski, 40, at their local Remembrance Day ceremony. Although an unlikely pair, they are both amputees and are part of a legacy that goes back nearly 100 years.

Kamryn is a member, and Shannon a graduate, of The War Amps Child Amputee (CHAMP) Program, which provides financial and emotional assistance to child amputees across Canada. It was war amputee veterans who created The War Amps in 1918, and later its Key Tag Service, through which the association raises its funds.

Kamryn and Shannon lay a wreath each year on behalf of The War Amps Operation Legacy as a tribute to war amputee veterans. Shannon says: "They passed this legacy to us younger amputees and now it's our turn to share their stories, so that we never forget their sacrifices."

With the public's support of the Key Tag Service, which is this year celebrating its 70th anniversary, The War Amps is able to help amputees across Canada live full and active lives.



Kamryn Bond, left, and Shannon Krasowski pay tribute to the war amputee veterans by laying a wreath on behalf of The War Amps. CONTRIBUTED



MEET THE CONDO

Townhomes near nature



SECORD CHALET

Project overview

Townhomes are a much-desired option for condo buyers, offering home living over two or three levels, and yard space for outdoor entertaining. At Secord Chalet in Edmonton's northwest, the bonuses of townhome living combine with a convenient location, nature-filled neighbourhood and affordable units with luxury touches.

Housing amenities

Secord Chalet townhomes feature a choice of five floor plans, six cabinet designs, nine-foot ceilings and finishing options like granite countertops, contemporary tile backsplashes, stainless steel appliances and kitchen islands. There's plenty of natural light, oversized windows, front-load stacking washer/dryer combos and two-inch window blinds.

Location and transit

Nestled in the city's northwest, Secord Chalet is near West Edmonton Mall and River Cree Casino. It's great for commuters and post-secondary sites, via Whitemud Dr., Stony Plain Rd. or the Anthony Henday. For transit users, a major bus interchange at West Edmonton Mall takes riders to all points in the city.

In the neighbourhood

Secord offers playgrounds, pathways, ponds and wetlands, with mature trees and a lush municipal reserve. Shopping, dining and entertainment are handy, and neighbourhood movie theatres, restaurants and groceries are just minutes away. All levels of schools, plus Twin Rinks at River Cree offer recreation for the whole family.

LUCY HAINES/FOR METRO

CONTRIBUTED

NEED TO KNOW

What: Secord Chalet

Builder/developer: Hopewell Residential

Location: Northwest Edmonton, west of Winterburn Rd. (Hwy 215)

Building: 15 blocks/buildings, each of five to nine townhomes

Pricing: From the \$280s

Sizes: 1,236 sq. ft to 1,447 sq. ft.

Model: Five customizable floor plans

Status: Now selling

Showhome: #5 – 320 Secord Blvd. NW

Phone: 780-757-4388

Website: secordchalet.com



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Design cribbed from modernism

TRENDS

Pieces that can be repurposed popular with today's parents

Once upon a time, baby's room had a style all its own. But today's parents want the nursery to blend with other rooms, reflecting a modern esthetic.

Furniture designers and retailers have responded with lots of interesting options.

Jonathan Adler recently launched a collection of nursery furnishings for Fisher-Price. The New York-based designer's line includes a chic sleep-and-play rocker with a high-contrast, black and white graphic textile, and walnut and steel legs with a midcentury modern vibe.

A convertible crib features Adler's signature honeycomb motif, and Ming-inspired feet capped in polished nickel.

"I wanted to incorporate some of my favourite motifs and materials, to elevate the Fisher-Price design esthetic," Adler says. "The collection has a whisper of Italian Modernism and a twinkle of design panache."

Walmart's Baby Mod Olivia crib, offered in an on-trend white and amber combo, is also a convertible model, which can be reconfigured into a daybed and toddler bed as your child grows.

Convertibles are a trend, according to Jill Fehrenbacher, founder of the design site Inhabitat and its offspring, Inhabitots.

"We're seeing a growing interest in multifunctional furniture," she says, "and this is especially true of new parents who are anxious about buying a storeful of baby gear. The idea that a crib could



These days, nurseries tend to look as polished as the rest of the house. DEBRA NORTON/FOR TORSTAR NEWS SERVICE

convert to a changing table or toddler bed is one with inherent appeal because it extends the value of what's typically a large purchase."

Fehrenbacher herself is a fan of the Oeuf, created by New Yorkers Michael Ryan and Sophie Derene.

"Awesome functionality, safety and clean modern looks," she says.

"I bought this crib for my son and we're still using it now as a toddler bed for my four-year-old. It's moved through two different homes,

from the Atlantic Coast to the Pacific, and has weathered it all beautifully."

Other affordable cribs can be found at Ikea, where the trim, contemporary Sniglar, Sundvik, Gulliver and Hensvik models sell for around \$100.

For just under \$200, the Stuva includes under-crib storage drawers in several colours.

Babyletto's Hudson crib has midcentury lines, sustainable New Zealand pinewood construction and a range of

colours — several neutrals, as well as two-toned versions.

The company's new Bingo crib incorporates handy storage cubbies and comes in a right-this-minute white/ash/cool mint colour scheme.

P'kolino's Belle crib has a lattice-patterned headboard that contrasts nicely with a deep grey, shell pink or pale blue base.

The Geo version puts a gender-neutral geometric layer on backgrounds of coral, grey or navy. P'kolino's website offers customizing, too;

you can design your own headboard from an array of images, colours and fonts.

If budget's not an issue, consider Ubabub's futuristic Pod crib. Curved plywood forms the front and back of the crib, while clear acrylic, laser-cut with tiny stars, makes up the side panels.

Choose a kiwi, honeysuckle, tangerine or aqua translucent end panel for Spot on Square's Alto crib.

Nurseryworks is always pushing the proverbial envelope on baby furnishings.

We're seeing a growing interest in multifunctional furniture.

Jill Fehrenbacher, Inhabitat

One of their signature pieces, the solid acrylic Vetro crib, seems to float in space, letting other nursery elements provide colour and pattern. Another crib — the Gradient, designed by Matthew Grayson and Eric Lin — has undulating 3-D forms that create an asymmetrical silhouette.

"The goal, and challenge to ourselves, is to create something that doesn't conform to the standard perception of what a crib is supposed to look like," says Lin.

Grayson's Highlight crib can be turned into an adult-size desk once baby's done with it; the mattress support becomes a shelf and the waterfall slats stow power cords.

A burnished, 24-karat-gold square base holds the Lydian's solid black walnut frame; the drama of mixed materials turns a simple crib into a modernist, sculptural piece of art.

And finally, for the high-tech parent, Swiss designer Yves Behar has introduced the charmingly named SNOO.

Produced in collaboration with its inventor, pediatrician Dr. Harvey Karp, the SNOO sleeper's smart-technology mattress responds to a baby's fussiness with soothing motion and white noise.

Parents can also control things remotely. A swaddling outfit secures baby inside the bed, which features sturdy white mesh sides in a walnut frame, with white hairpin-style steel legs.

Nurseryworks is always pushing the proverbial envelope on baby furnishings.

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DIY pet beds should be both cosy and safe



Kelly Mindell of StudioDIY.com transformed a large, plain yellow pillow with iron-on fabric pieces cut into shapes to make up the emoji face. JEFF MINDELL/STUDIODIY.COM VIA ASSOCIATED PRESS

DO-IT-YOURSELF

Customize to reflect style of home, owner personality

There are as many ideas for do-it-yourself pet beds as there are kinds of pets. Projects range from simple sewing patterns to complex woodwork.

But the goal is a safe, customized bed that suits the pet, so that "your furry family members have a cosy place to curl up," says Camille Smith, website managing editor for the home design channel HGTV.

On the fancier side, some old vintage items lend themselves to eye-catching pet beds. Search your attic for a bulky old television from the pre-flat-screen era, for instance, or a boxy computer monitor once used for accessing MySpace. Remove the screen and gut the inside. Line the box with fabric and add a pillow so your cat or small dog can snuggle up inside.

Most pet-bed projects, however, don't require you to track down hard-to-get items.

Many online tutorials suggest reclaiming a vintage dresser drawer and filling it with a cushion. Woodworker Scott Lavigne came up with a plan to build a custom drawer from scratch for his dog.

"I'm a builder just by nature," says Lavigne, founder of the blog sawsonskates.com. Creating a sleep space for his Lhasa apso was a labour of love.

"It's essentially just building a simple box," he says; even those inexperienced at woodworking



Making a pet bed can be a practical alternative to buying one. JEFF MINDELL/STUDIODIY.COM VIA ASSOCIATED PRESS

could likely accomplish it in a weekend. By changing the size of the pieces of wood used, his drawer project can easily be adapted for large dogs. Detailed instructions are on his blog.

Design blogger Kelly Mindell, creator of StudioDIY.com, customized and revitalized an old dog bed by ironing on emoji shapes that she cut out of iron-on fabric.

"A huge part of the DIY movement is the ability to adapt and customize an idea to reflect your own personality or needs," Mindell says.

"Since emojis are all made of simple shapes like circles, half-moons and hearts, it's easy to take the concept and change it as desired."

Homemade pet beds can be practical alternatives to store-bought ones.

"Dog beds are not inexpensive," says Lavigne, who designed his project to fit a standard bed pillow, which can be tossed in



the washing machine when necessary.

A DIY pet bed also can be made to match the style of your home.

"For small dogs and cats, you can even upcycle an existing piece of furniture to create a side table that does double duty as a snug spot for curling up," says Smith.

Lavigne's project can be adapted by using different paint or stain colours, or choosing to distress the wood for a "shabby chic" look. Safety, of course, is more important than how the

bed looks. "Be sure to make your pet's comfort and safety the top priority," Smith says. "Ensure your finished bed is extra cozy with no protruding nails or splintered wood."

Also, make sure before you begin that it's right for your particular pet, keeping the animal's health in mind.

"For instance, an arthritic older dog may benefit from a memory foam mattress while a padded window perch may be the best cat-nap spot for a curious kitten," says Smith.

THE ASSOCIATED PRESS

INTERVIEW

A DIY manifesto for a beautiful home

Tiffany Pratt breezes into the small bakery carrying a vintage art book under her arm.

"I just picked this up off the sidewalk, someone left it there so I had to rescue it," says Pratt, her signature orange hair glowing in the late morning sunlight.

Pratt is a Toronto-based designer, stylist, artist and TV personality — you might recognize her from her roles on HGTV's Home to Win and Buy It, Fix It, Sell It.

She's adding published author to the list with the release of her DIY book, *This Can Be Beautiful*. It's full of colourful projects presented with a no-

rules approach to creating and a promise to redesign your life.

Your book is a kind of manifesto for embracing creativity. How did you come to this place in your life?

My father passed when I was seven and my mom raised me and my sisters by herself. She encouraged us to tap into who we were. So I think it was through my upbringing with my mom and art. Over the years and through my 20s, I did a lot of self exploration. I had this amazing opportunity to work in fashion in New York and I really got

heartbroken. I thought it was supposed to be creative and I thought everyone was supposed to be so eccentric and interesting and it really wasn't.

Do you always wake up full of creative energy?

This is going to sound all Hocus Pocus; somewhere inside of me is this burning thing that no matter what has happened, and even if the pilot light got so low that I thought it was going to go out, somewhere inside of me is this thing that even when I think I've got nothing it just resurrects.

How do you feel about places such as Pinterest? I find that going there when you are looking for inspiration can almost create a fog, a creative fog. Where do you go for inspiration?

I was at one point years ago going to create a T-shirt line that said "F— Pinterest." I thought that Pinterest really shut down everyone's ability to trust themselves and their taste. Truthfully, I don't do Internet stuff ... I believe there is an energetic suck when you get on your computer. Comparison — that's the death of creativity. TORSTAR NEWS SERVICE



Tiffany Pratt says she's always looking for "the weird, the old and the ugly" to create beautiful things out of. TARA McMULLEN

EXPERIENCE INDIAN FOOD IN A WHOLE NEW WAY

Chutneys Indian grill, a homegrown concept, is re-imagining Indian food one healthy and fresh ingredient at a time — while also claiming the title of Canada's first fast casual Indian restaurant.

"We are basically delivering Indian food in a whole new way," says Joe Sangha, who, along with lifelong friends Harvey Panesar and Ronnie Sandher, opened the restaurant that specializes in build-to-order Indian street food in August. "People think Indian is always spicy and heavy but with our menu people can literally choose their Indian food experience."

Located at 4316-17 St. NW, Chutneys has a five-step process to building a meal. Patrons choose a base of burroti (a fresh wrap in Indian roti bread), a bowl (served with brown rice or quinoa) or a salad bowl (built on a base of Romaine lettuce). They then select a protein (chicken, steak, tofu or chickpeas), a sauce (butter sauce, tikka masala, vindaloo or daal), toppings such as cucumbers, onions, tomatoes and cilantro and top it all off with chutney. Chutneys is also introducing a new base offering: gluten-free rice noodles.

"All of our proteins, sauces and chutneys

are gluten-free and with we really want to educate people about enjoying Indian food in a new and different way," says Sangha. "There are so many dimensions to Indian food and we are highlighting them at Chutneys."

In fact, says Sangha, Chutneys staff is happy to walk patrons through the process, let them sample sauces and chutneys and make suggestions about the best combinations for their meal or suggest side options. And with the word "chutney" in the restaurant's name, patrons experience some distinct flavour profiles.

"The chutneys really enhance the flavour," says Sangha. "We have seven different options that range from sweet tamarind and mild green apple and coconut to fresh cilantro, which is medium and cranberry red chili, which is hot."

With the restaurant up and running and a catering service that accommodates groups of 10 to 150, Sangha and his co-founders are looking to open second Chutneys location and eventually want to turn the concept into a franchise. To learn more, visit chutneysindiangrill.com.



CONTRIBUTED

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metro SPORTS

MLB has opted to destroy Cleveland World Series title merchandise instead of donating it to the needy like it has with past runners-up

Eskimos prepare to put down Tabbies

CFL PLAYOFFS

Season series split but last game was won by Edmonton

It will be a historic first for the Hamilton Tiger-Cats and Edmonton Eskimos.

Hamilton hosts Edmonton on Sunday in the East Division semifinal. It will mark the first-ever crossover playoff meeting between the two clubs, set up by the Eskimos (10-8) moving into the Eastern playoffs after finishing fourth in the West but posting a better record than the third-place Montreal Alouettes (7-11).

Hamilton finished tied with Montreal in the standings but clinched second by winning the season series.

Edmonton and Hamilton have met in the Grey Cup twice. The Eskimos earned a 48-10 victory in 1980 before the Ticats captured a 39-15 decision six years later.

The Eskimos make their third crossover appearance. In 2008 they became the first CFL team to win a crossover game, beating Winnipeg 29-21 in the conference semifinal before losing 42-26 to Toronto in 2012.

Eight times West Division teams have crossed over to the East but none has ever reached the Grey Cup.

Edmonton comes in having won five of its last six games and sports the CFL's passing leader (Mike Reilly) and top two receivers (Adarius Bowman, Derel Walker). Reilly threw for 5,554 yards with 28 TDs



Eskimos linebacker Blair Smith tackles the Tiger-Cats' Kendial Lawrence during the last game between the two teams on Oct. 28 in Hamilton. PETER POWER/THE CANADIAN PRESS

and had 12 300-yard games this season.

Bowman led the CFL in catches (120) and yards (1,761) while Walker was second with 109 receptions for 1,589 yards. They combined for 19 TDs and 22 plays of 30 yards or more and will put plenty of pressure on Hamilton's defence.

But the Ticats are pretty good at generating pressure themselves, having registered 50 sacks. And Hamilton was ranked third behind B.C. and

Calgary for fewest offensive yards allowed (357.2 per game).

However, Edmonton allowed the second-fewest sacks (31) and Reilly was the CFL's top-rushing quarterback with 406 yards (four-yard average) with nine TDs. Hamilton must also respect an Eskimos ground game that was the league's second-best at 103.7 yards per game.

The two teams split their season series 1-1. Backup Jeremiah Masoli had a CFL-rec-

ord 23 straight completions in rallying Hamilton from a 25-point deficit for a 37-31 road win July 23 before John White's 132-yard rushing performance anchored Edmonton's 29-26 victory at Tim Hortons Field on Oct. 28.

Zach Collaros starts for Hamilton but veteran slotbacks Andy Fantuz (101 catches, 1,059 yards, five TDs) and Luke Tasker (76 catches, 852 yards, five TDs) are both injured. That leaves Terrence Toliver (65 catches, 1,036 yards, nine TDs) as the Ticats' leading active receiver.

PICK: Edmonton. THE CANADIAN PRESS

4

Hamilton comes in having lost two straight and its last four home games to stand 3-6 overall at Tim Hortons Field.

UFC 205

Alvarez calm going into eye of storm

Eddie Alvarez waited to feel the magnitude of the moment as he stood eye-to-eye with Conor McGregor on a Madison Square Garden stage.

Alvarez, hyping the biggest fight of his career, wondered if nervousness would kick in as he stared down McGregor. Maybe anger. An adrenalin rush, something, that would sound the emotional bell inside his body that he shared space with one of UFC's top fighters.

He had listened to McGregor yap and boast with all of the theatrics reserved for a daytime talk show, and when the time hit in September for the UFC 205 headliners to finally face off, Alvarez felt nothing.

"My heart rate didn't go up

not two beats," Alvarez said. "I was standing in front of that man and I didn't feel anything. I don't know what was going on. Maybe I was just off that day. But this guy made me feel nothing."

Trash talk? Perhaps, but the 32-year-old Alvarez insisted he had a detached demeanour because he viewed McGregor as just another victim on his roll call of champions that he will beat down for a win.

"I don't get caught up in names," Alvarez said. "I just fight."

Alvarez makes his first UFC lightweight title defence against McGregor on Saturday night in New York for the first time since the state lifted the mixed martial arts ban earlier this year. THE ASSOCIATED PRESS

A lot of people are going to show up to watch me beat this guy up.

Eddie Alvarez

IN BRIEF

Blackhawks best Blues in OT

Artemi Panarin scored 25 seconds into overtime and Corey Crawford made 27 saves, leading the Chicago Blackhawks over the St. Louis Blues 2-1 on Wednesday night for their seventh straight win. THE ASSOCIATED PRESS

Cherry shuns U.S. deserters

Americans threatening to move to Canada in the wake of Donald Trump's presidential victory are not welcome north of the border, according to outspoken hockey commentator Don Cherry, who tweeted Canada has enough "left wing weirdo's" as it is. THE CANADIAN PRESS

HBO doc to showcases Subban's move to Preds

P.K. Subban will take to centre ice in the new HBO Canada documentary entitled P.K. Subban Skate Past The Noise: The Off-Season, which promises a look at the life of the Nashville defenceman and "unparalleled access to his inner circle."

THE CANADIAN PRESS

Laycock earns victory over Edin at the wire

Saskatoon's Steve Laycock defeated Sweden's Niklas Edin 9-6 on Wednesday at the Grand Slam of Curling Tour Challenge in Cranbrook, B.C.

THE CANADIAN PRESS

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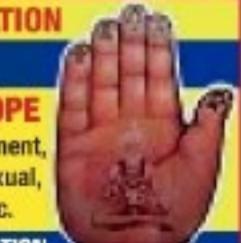
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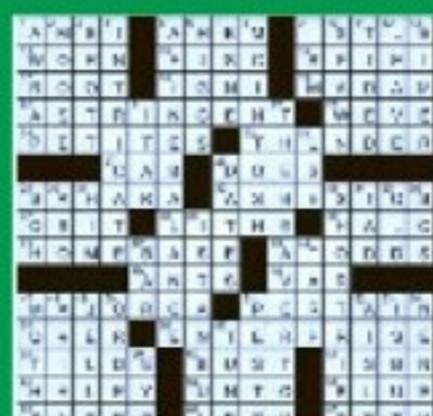
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DeRozan steals Thunder on road

NBA

Form Raptor scored 37 as Lowry chips in with fine game

DeMar DeRozan scored 37 points to help the Toronto Raptors beat the Oklahoma City Thunder 112-102 on Wednesday night.

DeRozan, the NBA's leading scorer, made 13 of 22 field goals and 11 of 15 free throws. Kyle Lowry added 19 points, 13 assists and nine rebounds and Patrick Patterson had 13 points for the Raptors.

Toronto, which shot 51.8 per cent from the field, has won four of five.

The Thunder entered the night with the NBA's best record, but they couldn't get their offence going.

Russell Westbrook led the way with 36 points, seven rebounds and seven assists, but he made just 9 of 26 shots and committed eight turnovers.

Victor Oladipo scored 18 points and Steven Adams added 14 points and 12 rebounds for Oklahoma City.

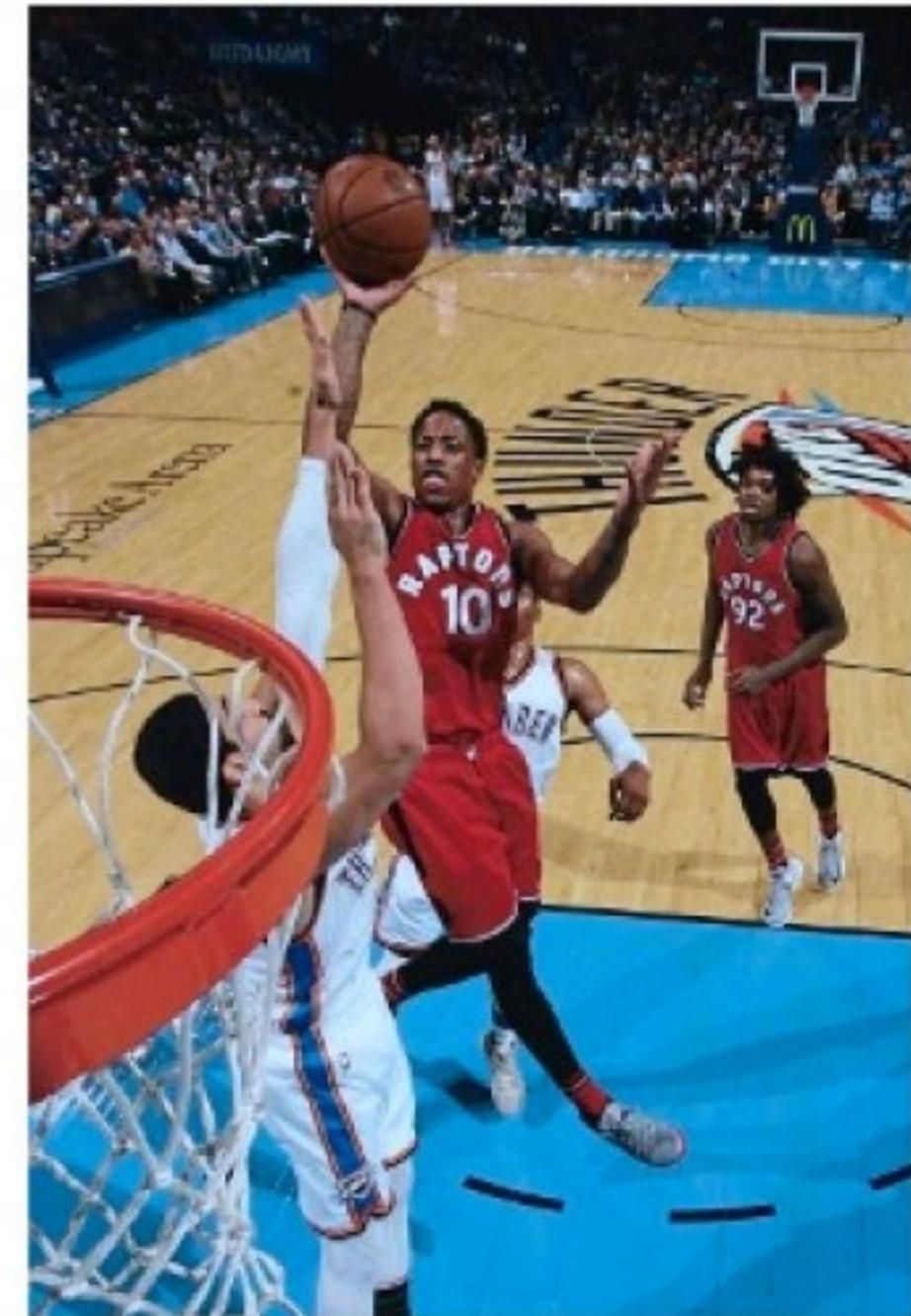
The Raptors led 62-55 at halftime behind DeRozan's 22 points. Toronto scored 16 points off 11 Oklahoma City turnovers in the first half.

A bounce pass by Lowry led to a jam by DeMarre Carroll that gave Toronto a 68-59 lead, and a basket by Pascal Siakam bumped the lead to 11 and led to a timeout by the Thunder.

DeRozan's mid-range jumper in the closing seconds of the third quarter gave the Raptors an 88-75 lead.

The Thunder opened the fourth quarter with a 9-1 run to cut the deficit to 89-84.

Oklahoma City eventually cut the deficit to four, but the



DeMar DeRozan, centre, of the Toronto Raptors goes to the basket against the Thunder. LAYNE MURDOCH/NBAE VIA GETTY IMAGES

WEDNESDAY in Oklahoma

112 **102**
RAPTORS THUNDER

+ DEMAR STAT

DeRozan scored 11 points on 5-for-9 shooting in the first quarter.

Raptors rallied, and Lowry's 3-pointer bumped Toronto's lead back to 10 with 3:32 to play.

THE ASSOCIATED PRESS

NBA

Cavs, Trump to visit White House

LeBron James and his Cleveland Cavaliers teammates will be at the White House on Thursday.

An unexpected guest will be there, too.

The visit by the reigning NBA champions will coincide with president-elect Donald Trump's meeting with President Barack Obama to discuss the handover of power and transition following a shocking election that left James — and millions of Americans — wondering about the future.

Gov. John Kasich, a onetime Republican presidential rival who refused to endorse Trump



and boycotted the Republican National Convention in Cleveland, also was to visit the White House on Thursday.

James had supported Hillary Clinton, appearing on stage with the former secretary of state at a campaign rally Sunday to urge Cleveland residents to vote.

On Wednesday, just hours after Clinton had conceded the election to Trump, James post-

ed on his Instagram account that he woke up "looking and searching for answers on what has happened."

James wrote: "Parents and leaders of our children please let them know they can still change the world for the better! Don't lose a bit of faith! They're our future and we must remain stronger than ever!! Yes we all wanna lace up the boots, put on the hard hats and strike but that's not the answer. Love, genuine LOVE and FAITH will be the only thing that can get us through this."

THE ASSOCIATED PRESS



EVEN THE PERSON WHO CREATED IT CAN'T FINISH IT.



*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Please remember that partnerships and close friendships are where your good fortune lies during the next 12 months. The year ahead is a great time for Aries to get married.

Taurus April 21 - May 21
During the next 12 months, you can improve your job or get a better job. (It's your best chance in over a decade!) Believe this and make the most of this opportunity!

Gemini May 22 - June 21
Grab every opportunity in the year ahead to enjoy a vacation. Your theme for the next 12 months is about pleasure, romance and socializing with others!

Cancer June 22 - July 23
Explore every opportunity to enhance your real-estate situation in the next 12 months. Figure out how you can have a better, happier home.

Leo July 24 - Aug. 23
In the year ahead, you will have more belief in your future and in the power of what you can achieve on a day-to-day basis than you have had in over a decade. You realize now that it's all about attitude.

Virgo Aug. 24 - Sept. 23
In the next 12 months, you can boost your earnings. Believe in this. Look for ways that you can do this.

Libra Sept. 24 - Oct. 23
Once every 12 years, lucky Jupiter is in your sign. This time has arrived and will continue until next November. Enjoy your good fortune!

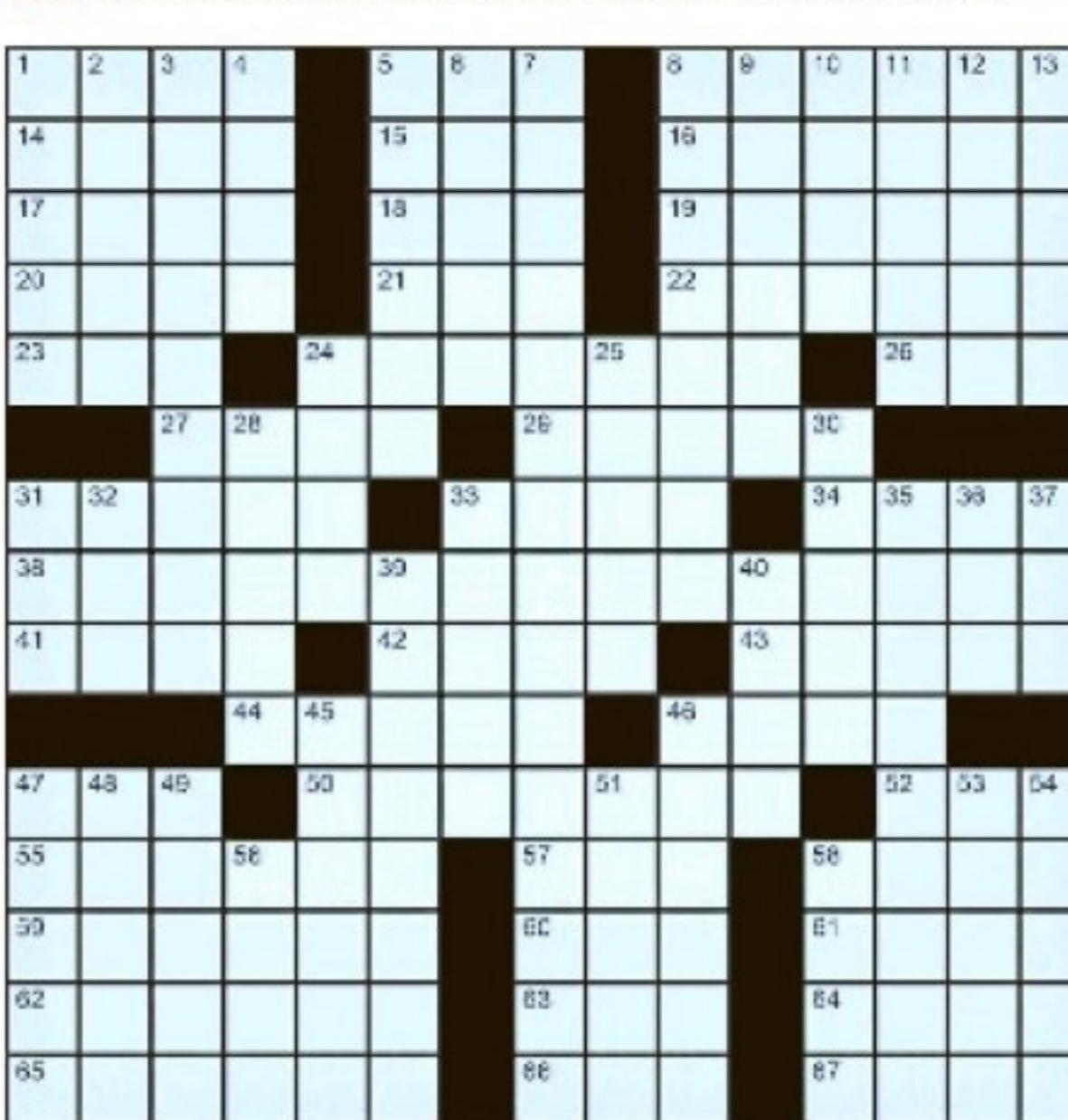
Scorpio Oct. 24 - Nov. 22
This is a strong month for you because the Sun is in your sign. However, the entire year is a very spiritual time for you because of Jupiter.

Sagittarius Nov. 23 - Dec. 21
It's important to know that in the next 12 months, your interactions with others will benefit you. Make friends. Join clubs and associations. Others will help you!

Capricorn Dec. 22 - Jan. 20
Look for ways to make a name for yourself in the next 12 months, because you can do this. You have a chance to impress people in power like never before.

Aquarius Jan. 21 - Feb. 19
Take every chance to travel in the next 12 months, because this is what you really want to do. You want adventure and a chance to broaden your horizons!

Pisces Feb. 20 - March 20
You can benefit from the wealth and resources of others in the next 12 months. This also is an excellent time to get a loan or mortgage.



ACROSS

1. Beaming
5. Humanities degs.
8. Stave off
14. Lasso
15. Bronze __
16. Faith __
17. Long-gone soldier's stat.
18. Driveway cover
19. Captivate an audience
20. Hawk
21. Unfairly fix things
22. King Minos, for example
23. For
24. Most moistureless: 2 wds.
26. Long ago time
27. Ms. Paltrow, to pals
29. Happened to happen
31. Burning
33. Frigid fluff
34. Jazz improvisation
38. Kitchen nook, for example: 3 wds.
41. Squirrel's place for fun
42. ...cinq, six, __, huit...
43. __. Assistant (Office job)
44. Measuring stick
46. On __ (Without a contract)
47. Legume
50. Slab of artistic paint blobs
52. __ in Cleveland
55. Not yet hatched
57. On: French
58. Not decorated
59. Pale
60. Three, in Tuscany
61. Vex
62. "Relax soldier!" 2 wds.
63. Eggs, in a laboratory
64. "The Desert Babbler" by __ & Wine
65. Waiter
66. 'Pseudo' suffix
67. Spot

DOWN

1. 'Get'
2. Decrease
3. Say "I'm sorry."
4. Big name in computers
5. __-of-honour
6. Another time
7. 1950s American TV adventure ser-
12. Kingly
13. What's 'in' now
24. Farewells
25. Legal right
28. More humorously ironic
30. Dodge
31. Set of scenes
32. " __ Your Eyes Only" by Sheena Easton
33. Superman, Man of __
35. Living room pieces
36. "Help __ think I'm falling..." - Joni Mitchell
37. Criticize
39. New York hockey player
40. Bewildered stare
45. Revolt
46. Current
47. Transformation-stage insects
48. Related maternally
49. Can do the task better
51. Topsy-__
53. Low ship deck
54. Super small
56. Norwegian king
58. Soft cheese

ies about a Canadian Mountie, " __ of the Yukon"

8. That which Loyalists were loyal to: 2 wds.

9. Canadian camera store

10. Hourly pay

11. Winged

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		2	9	
9				5
2	1			7
3		8	6	1
5		4	7	9
7	6			2
	2			3
		1	5	

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It may look like just another mattress store from the outside, but inside the Mattress Superstore offer shoppers a new way to buy this all important piece of furniture. It's sleep, after all, something we spend a third of our lives doing, so Mattress Superstore has invested in Sleepology — the science of sleep — to help buyers find exactly the right mattress for their body and sleep style, whatever the brand or budget. Even though there are dozens of mattresses on display to try out for size and comfort, buyers don't have to become overwhelmed with guessing which is the best choice. Starting with a short sleep assessment questionnaire about sleep preferences and habits, a computerized body analysis then gives shoppers a quick view of their pressure points, whether on the hips, shoulders, neck.

We're passionate about people getting a great night's sleep - it's an essential part of maintaining a healthy lifestyle. We've found a different and better way to match people with the right mattress — one based on science. It's an unbiased approach to selling that takes away the guesswork and leads buyers to mattresses that are actually correct for them. Whether someone is a side, back or stomach sleeper, or sleeps too hot, the body analysis provides a personal sleep iD that matches beds on display that shoppers can test for themselves. An entire sleep system is featured at Mattress Superstore, with a custom pillow fitting to aid in proper spinal alignment.



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